

Bedtime Wind-Down Activities for Children Aged Five to Seven

After a day in which there may be a new or different routine, or perhaps even no routine, a calm bedtime can be harder to achieve. Use these wind-down ideas with your children to help create the calming atmosphere needed for a happy bedtime, leading to a good night's sleep. Some of the activities can even be useful for adults too.

1. After teatime, get into the habit of doing a quiet activity together with your children, such as colouring or a jigsaw. While you do this, quietly chat about your day. This can be a lovely time to reflect on those aspects of the day that you have most enjoyed.
2. Working together, turn so one of you is facing away from the other. Ask your child to close their eyes and concentrate on the shapes that you are going to draw on his or her back with your finger. After one minute, swap over so that your child can have a turn drawing shapes on your back. Each time, really concentrate on what you can feel, making slow, gentle but deliberate movements.
3. With a pencil and a piece of paper each, take the pencil for a walk on the page for one minute. Move it slowly around the page smoothly and randomly, focusing on the shapes being created the whole time. Try not to let the pencil or pen leave the page until the time is up.
4. Together, place your hands on your stomachs, close your eyes and focus on your breathing for two minutes, simply noticing the rise and fall of your stomachs as you breathe in and out.
5. [Butterfly breaths activity from these Mindful Minute Brain Break Cards.](#)
6. [Starfish breaths activity from these Mindful Minute Brain Break Cards.](#)
7. It can be nice to prepare for bed by having a warm, relaxing bath.
8. Enjoy a bedtime story with your child, then snuggle down and drift off to sleep.

