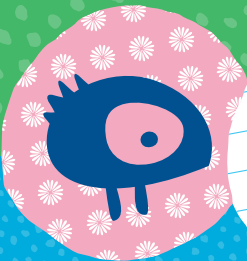


Written by Michal Janssen

SLEEP CHAT 6+


PART ONE

A BEDTIME DIARY



Explanation of the images in this book

Always choose one of the two pictures or words.

active 

lazy 

ate healthy food 

ate unhealthy food 

messy 

tidy 

laughed 

cried 

fruit 

vegetables 

laptop/computer 


TV 


happy 


angry 


sporty 


not so sporty 

sun 


rain 

healthy snack 


unhealthy snack 

dream 

talk 

game 


book 


made music 

listened to music 


was nice 

was grumpy 

pizza (hot) 

ice-cream (cold) 

art 

maths 



How to use **SLEEPCHAT**

Choose a page.

Write, tick, draw, colour, choose, reflect, relax... and chat!

*For parents whose children need a little help with reading and writing,
read the text to your child and write down their answer.*

Things that you can ask

The best part of today was:

Where have you been, what have you done?
Did you meet a really nice person?
Did you learn something you enjoyed?
Did you hear something funny?
Or did you see something that you've never seen before?

The worst part of today was:

Did you do something boring or no fun?
Were you grumpy with someone?
Was someone annoyed with you?
What made you sad?

Give yourself a compliment:

What did you do well?
What are you proud of?

Are you looking forward to tomorrow?

yes kind of no

What are you going to do tomorrow?
What would you like to do differently tomorrow?

Contents

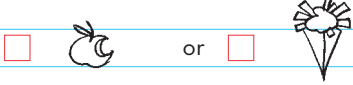
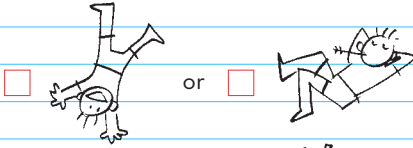
4 - 109	Dairy pages
106 - 111	Make a note of your dreams
112	Colophon



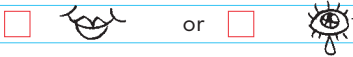
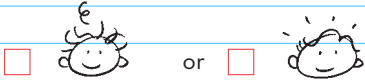
date

- - - * - - - day

Which picture best describes your day?



learned lots or *learned nothing*



How many stars would you give this day?

- ★
 ★★
 ★★★
 ★★★★
 ★★★★★

The best part of today was:

The worst part of today was:

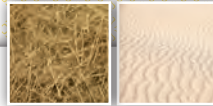
Give yourself a compliment:

Are you looking forward to tomorrow?

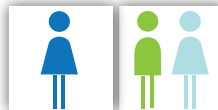
yes kind of no

Sleep well!

What is your favourite way to sleep?



naked or in pyjamas



alone or together



light or dark



long or short

Bedtime tip

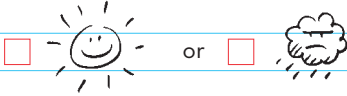
Take a warm bath before bed. Dim the lights and listen to relaxing music.

date

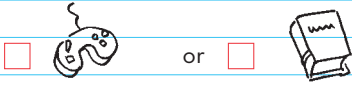
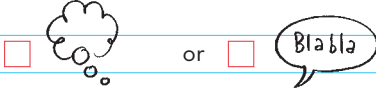
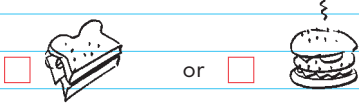
__ - __ - __ *

day

Which picture best describes your day?



crazy or *normal*



How many stars would you give this day?

- ★
- ★★
- ★★★
- ★★★★
- ★★★★★

The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?

yes kind of no

Where were you?

What places have you been to today?

The furthest place was:

The busiest place was:

The messiest place was:

Where did you go?

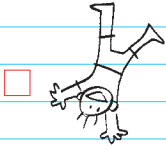
The nicest place was:



date

__ - __ - __ * __ day

Which picture best describes your day?



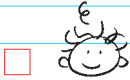
or



or



or



or



or



How many stars would you give this day?



The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?



Things I've seen

What have you seen today?



a hug



chocolate



money



scissors



the internet



sunglasses



thumbs up



post



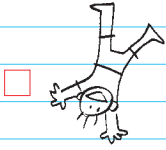
an alarm clock

date

- - - * - - -

day

Which picture best describes your day?



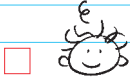
or



or



or



or



or



How many stars would you give this day?



The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?



Say it in a different way

Say the word **GOODNIGHT** in all of these different ways:

VERY QUIETLY

REALLY LOUDLY

SUPER SLOWLY

HAPPILY

LIKE A ROBOT

WITH THE WRONG PRONUNCIATION

EVEN LOUDER

LIKE A RAPPER

SING IT

SLEEPILY

Tip

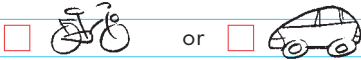
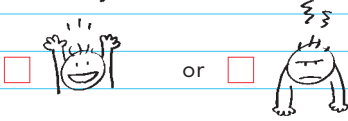
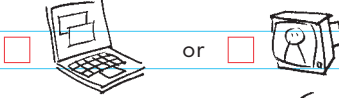
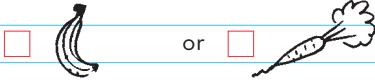
Do this with your name as well.

date

- - *

day

Which picture best describes your day?



busy or *quiet*

How many stars would you give this day?

- ★
- ★★
- ★★★
- ★★★★
- ★★★★★

The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?

yes kind of no

Wake up

What is worth being woken up in the middle of the night for?

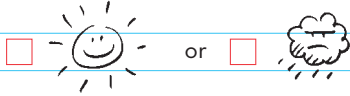
- good news
- the final of an important sporting event
- my favourite food
- a big cuddle
- a computer game
- nothing at all
- _____



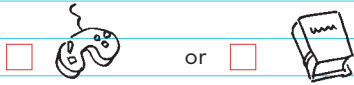
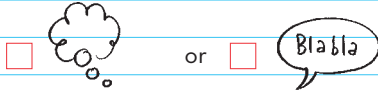
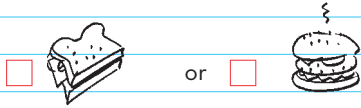
date

- - * day

Which picture best describes your day?



crazy or *normal*



How many stars would you give this day?

- ★
- ★★
- ★★★
- ★★★★
- ★★★★★

The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?

yes kind of no

Five times Y

Choose one of the five Y's.

Don't say anything but pull a face to describe the emotion. Think about today.

Did you pull that face today?

YELL! (angry)

Yelp! (distressed)

Yippie! (happy)

YIKES! (afraid)

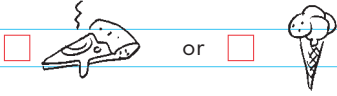
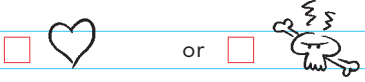
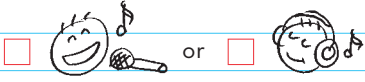
YUCK (unpleasant)

date

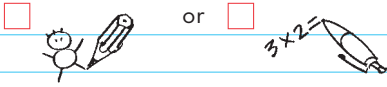
- - * - - -

day

Which picture best describes your day?



helped somebody or *helped by somebody*



How many stars would you give this day?

- ★
- ★★
- ★★★
- ★★★★
- ★★★★★

The best part of today was:

The worst part of today was:

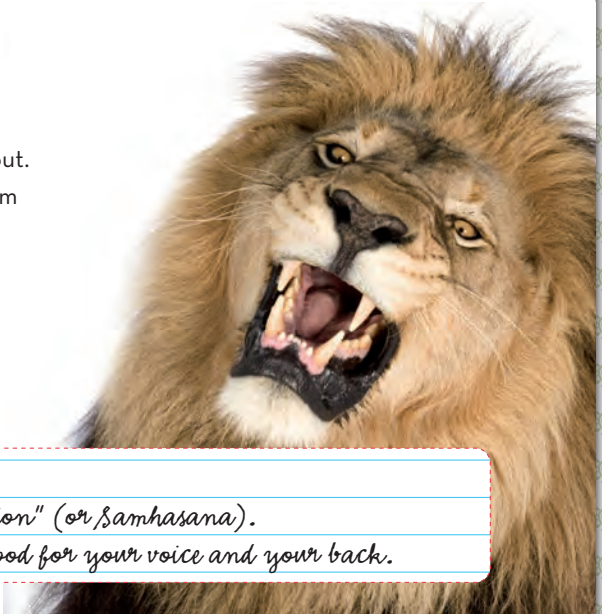
Give yourself a compliment:

Are you looking forward to tomorrow?

- yes kind of no

Roaring Exercise

- Breathe in deeply.
- Stick your tongue out.
- Breathe out with a roar,
- keep sticking your tongue out.
- Try to let the roar come from your tummy.
- Repeat three times.



Fun fact

This exercise is called "the lion" (or Samhasana).
It's a yoga exercise that's good for your voice and your back.