The sun in the sky is going down
And the clouds float by
You’ll be dreaming soon

The birds are flying back now
To their homes in the trees.
The ladybugs settle softly,
Between the butterflies and the bees . . .

This bedtime story is so much more than a story. It’s a practice for kids and parents to end the day in a calming, mindful way. Turn the page and stretch like a tree, sparkle like a star, float like a cloud, and you’ll be dreaming soon.

Ages 4–8
The sun in the sky is going down

As I breathe in, as I breathe out, my arms lift up to the sky and then back down like sunrays.
As I breathe in, as I breathe out, my arms reach out wide toward the stars.

The stars sparkle brightly.
As I breathe in, as I breathe out,
my palms press together
as I squat on my leaf.

The ladybugs settle softly,