



Bedtime Routine Visual Guide for Children

This guide gently explores what happens in a bedtime routine — from noticing tired signals to calming activities, cosy tools, and settling into sleep — with soft visuals, clear language, and sensory-safe steps.

With gentle icons, pastel colours, and emotionally aware descriptions, each panel helps children understand how bedtime flows and **what their body might need as the day winds down.**

If evenings sometimes feel busy, fuzzy, or full of mixed feelings, this guide is here to make things softer — **one calm moment at a time.**

Questions You Might Have

What's inside a bedtime routine

A bedtime routine has different parts — noticing tired signals, calming activities, cosy tools, and settling into sleep. Each step has its own rhythm, and visual supports can help everything feel steady and clear.

Why do we do calming activities at night

Warm baths, quiet stories, or soft sounds help your body shift into rest mode. You can choose the activities that feel most soothing for you.

What happens when it's time to sleep

As your body becomes softer and quieter, resting feels easier. Low light, steady breathing, and familiar comforts help your mind and body settle for the night.

What's Inside a Bedtime Routine



A sensory-safe guide to help your body slow down, settle, & ready for sleep.

Noticing Your Body



Your body gives clues when it's getting tired — feeling heavy, yawn, slow, or fuzzy.

Calming Activities



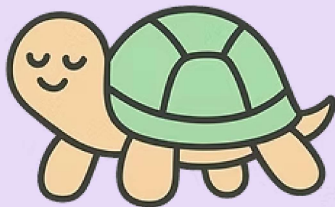
Gentle steps help your body shift into rest mode, like a warm bath or a quiet story.

Comfort & Cosy Tools



A favourite toy, soft blanket, or dim lights, can make bedtime feel easier.

Slow, Soothing Movements



Try gentle stretches, deep breaths, or a slow sway, to help you settle before bed.

Settling Into Sleep



When your body feels softer and quieter, resting becomes easier.