

SCHOOL OF CHILL

Putting the baby to bed

Age: 2-5

Benefits: Focus, calming & designed for bedtimes

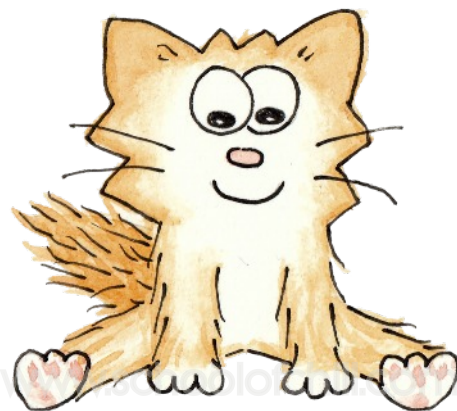
Intention: Helps re-focus the child's mind towards going to bed by letting them play mummy or daddy to their baby.



1: Sit on the floor, legs out wide, back straight and tall. Take a deep breath in and let it out with a sigh. Your baby is yawning. Let's see your slowest, quietest yawn. Now place your paws in front of you between your legs.



2: We reach up to touch the stars and pull a handful back down.....

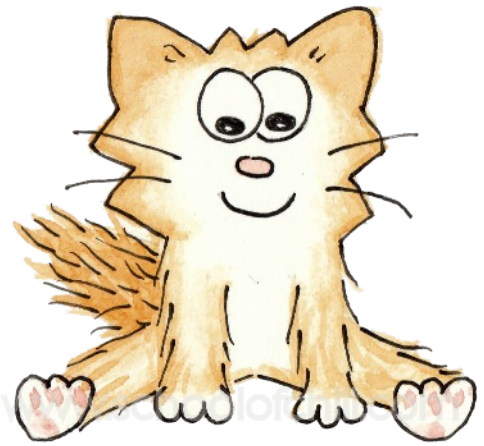


3: To make baby's bed soft and warm.

For further chill-outs, check out www.schoolofchill.com



4: We reach up to the other side touch the moon, and bring back some magic moon dust....



5: To give our baby sweet dreams



6: We fold forward to pull the blanket up. (You could use a real blanket here if you wish)



7: We tuck in one leg, towards the centre.



8: We tuck in the other leg too.



9: We lean forward to kiss our baby goodnight.



10: Roll over to one side and lay curled up in a ball. Sweet dreams baby.