

MINDFUL ME

MINDFULNESS AT BEDTIME

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. An important goal of teaching SEL skills is to provide students with the skills to reflect and process their emotions. Bedtime is a natural time of day to calm down and think deeply.

BEFORE READING

Talk to the reader about getting the right amount of sleep.

Discuss: How many hours of sleep do you think you need? Do you ever have a hard time sleeping? What prevents you from sleeping well?

AFTER READING

Talk to the reader about mindfulness and bedtime.

Discuss: What does it mean to be mindful at bedtime? What are some ways you can practice mindfulness to help you fall asleep and stay asleep?

SEL GOAL

Encourage students to get ready for bed by reflecting on the major events of the day. Have them reflect on what they feel grateful for today. Focusing on the events they are grateful for can put them in a calm state of mind and promote restful sleep.

GOALS AND TOOLS

GROW WITH GOALS

Try different ways of practicing mindfulness to discover what helps you sleep best.

Goal: Find some meditation music! Listening to relaxing music can help your mind calm down at bedtime.

Goal: Focus on your senses! When you lie down to sleep, close your eyes and bring attention to your body. Think about relaxing each part. Bringing attention to your body can help relax it.

Goal: Don't give up! Being mindful becomes easier the more you try it. If it is hard the first time, try again. See if it helps you fall asleep.

MINDFULNESS EXERCISE

Try mindful breathing to help you fall asleep. Breathe in deep through your nose. As you exhale, let go of your thoughts and worries.

1. Does your body feel different when you are mindful at bedtime?
2. Does your mind feel different when you are mindful at bedtime?
3. Does mindfulness help you sleep better?



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