

A FREE GIFT FROM LANTERN PATH BOOKS

Oliver's Wind-Down Story Cards

Twelve one-minute calm rituals for ages 2 to 5



Keep the cards by the bed. Each night, let your little one pick one or two. Small rituals, done slowly, tell the body it is time for sleep. No rules, no pressure, just calm.

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One-minute calm rituals for little ones (ages 2 to 5). Pick one or two each night.



1. The Sleepy Owl Breath

Sit together and breathe like a sleepy owl: in through the nose, and a long, soft hoo out. Three slow breaths.



2. Goodnight, Toys

Choose three toys and tuck each one in with a whispered goodnight. The room goes to sleep too.



3. The Quiet Stretch

Reach up tall like a tree, then melt down slowly like snow in the sun. Twice, nice and slow.



4. Moon Check

Peek out the window together. Is the moon up yet? Wave goodnight to the sky, whatever you find.



5. The Cuddle Count

Count five slow cuddles, one for each finger on one hand. Make the last one the longest.



6. Tomorrow's One Thing

Whisper one small thing to look forward to tomorrow. Just one, kept safe until morning.

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7. The Whisper Song

Hum or sing one gentle song in your quietest voice. Quieter and quieter until it turns into a smile.



8. Softest Thing Hunt

Find the softest thing in the room and give it a home on the pillow for the night.



9. The Lantern Walk

Walk to bed slowly, carrying a pretend lantern. Careful steps, so the little light never goes out.



10. Three Thank-Yous

Whisper three tiny thank-yous from today. Small ones count double.



11. Tonight's Story Pick

Close your eyes and point to the shelf. Whichever book you land near is tonight's story.



12. The Lights-Low Countdown

Count down softly from five. At one, lights go low, blankets go up, and the day is all done.