

slumberkins®



Sloth

Starts to Slumber

Slumber Sloth,
it's time for bed.
It's time for bed,
you sleepyhead.

I know you think
it's hard to do,
but listen to my words
and I will show you.

Now it's time
to calm your mind.
Relax your head and heart
before bedtime.

Listen to me count...
one, two, three.
Breathe in and out
on each number, very slowly.

Now it's time to
calm your body down.
Starting at your feet,
then up to your crown.

Notice your feet,
your heels to your toes.
Squeeze them tight,
now let them go.

Notice how calm
your feet now feel.
Now let's do your legs,
it's the same deal.

Squeeze them tight,
now let them go.
Feel them melting
like the snow.

Halfway there,
it's time to breathe deep.
BIG breaths on my count...
One, two, three.

Now notice your shoulders,
arms, and hands.
Are they still wide awake,
or ready for dreamland?

Squeeze them tight,
now let them go.
Feel them melting
like the snow.

Your body feels heavy,
melting into the bed.
Now turn your attention
to your sleepy head.
Give a big smile,

now let it go.
Feel your cheeks,
melting like the snow.

Let your thoughts
drift out to sea,
and enter dreamland
my little sweet pea.

Repeat after me
these words that rhyme,
to join little Sloth
and have dreams at bedtime.

I go to sleep.
I snooze and slumber.
I crawl into bed and
have dreams full of wonder.