

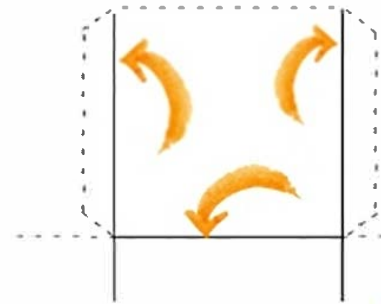
Good Night **Glowing** CUBE

Follow the instructions to make a cube. Every night before saying good night, toss the cube to ask each other a question.

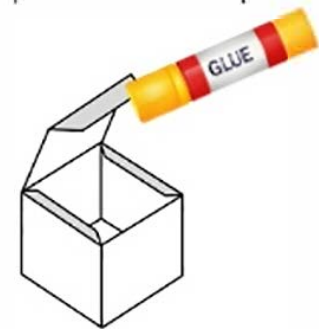
- 1** Print page 2 or 3 (you can print both to make two cubes). Cut on the dotted lines.



- 2** Fold on the solid black lines to make a crease.









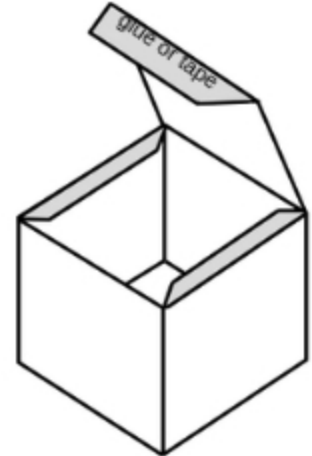
- 3** Assemble into a cube by gluing or taping the sides together along the tabs. Do not glue final flap if you want to do step 4.



- 4** Add a LED light (DO NOT USE A CANDLE), finger light or glow stick to have a glowing effect! Poke some small pin sized holes or "stars" for extra fun.



<p>glue or tape</p>  <p>MERCURY</p> <p>MARS</p> <p>What did you learn today?</p>	 <p>SATURN</p> <p>What was the best part of your day?</p>	 <p>VENUS</p> <p>URANUS</p> <p>What would make tomorrow great?</p> <p>glue or tape</p>
<p>glue or tape</p> <p>How were you kind today?</p>  <p>NEPTUNE</p> <p>glue or tape</p>	 <p>EARTH</p> <p>What did you work hard at today?</p> <p>biglifejournal.com</p> <p>glue or tape</p>	 <p>JUPITER</p> <p>What made you laugh today?</p> <p>glue or tape</p>



glue or tape

What mistake did you make today?



Rate your day on a scale from 1-10.



What are you grateful for?



Who inspired you today?

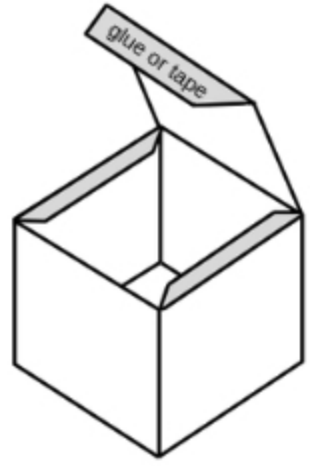


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How did you help someone today?



What do you wish to dream about tonight?



glue or tape

glue or tape

glue or tape

glue or tape

glue or tape

glue or tape

5 STEPS TO A *positive* BEDTIME ROUTINE *with kids*

by Big Life Journal

1. START WITH YOURSELF

Before you tackle the bedtime routine, hit pause. Use the "3 Center Check-In." Close your eyes and take a few deep, full breaths. Turn your attention inward like a beam of light and focus on each of these 3 areas:

- **Head**-What am I thinking? What am I aware of in my mind?
- **Heart**-What am I feeling? What am I aware of in my heart? Imagine you can breathe in and out of your heart.
- **Body**-What am I sensing? What sensations am I aware of in my body?



2. CREATE A SOOTHING ATMOSPHERE

Engage all five of your child's senses:

- **Sight**: dimmed lights, candles, reading Growth Mindset illustrated story
- **Touch**: warm bath, rubbing back, snuggling
- **Smell**: lotions, diffusers, essential oil, lavender shampoo
- **Sound**: soothing music, white noise, speaking in quiet voices, lullabies
- **Taste**: mindful sip of cool water, notice the taste and sensation of toothpaste



3. CONNECT THROUGH RITUALS

- **Say 3 things you love about each other** ("What I love about you is...") and name a specific quality.
- **Reflect** on what went well today ("What is one good thing that happened today?") or choose 1-2 Cards from Big Life Journal's Three Seas Conversation Cards to discuss.
- **Say goodnight** to each other, the moon and stars, and those you both love.



4. FOCUS ON POSITIVES

To shift toward a growth mindset, make a list of positive bedtime affirmations with your kids. They might include:

- "My body knows just how to get comfortable and rest."
- "The light is low and perfect, just how I like it."
- "I feel relaxed in my body"
- "I have my sleeping music on."
- "I sleep well, and wake up feeling rested and ready for my day."
- "I grow my brain every time I sleep!"



5. LET THEM "OWN" THE ROUTINE

- **Create a "checklist"** of things that help them sleep--stuffed animal, comfortable room temperature, nightlight
- **Make choices** from limited options (which pair of pajamas, who wants to bathe first)
- **Give specifics**, like the exact number of books/songs/kisses they want
- Turn on **soothing music** and choose track
- **"Pick a dream"** to have tonight, or discuss their favorite ways to feel calm

