



Once Upon Today – Bedtime Story Pack

Weave today's reflections
into a magical bedtime story



10 Gentle Bedtime Questions



1. What made you smile today?

2. Who was kind to you?

3. What felt tricky?

4. What are you proud of?

5. What did you notice for the first time?

6. When did you feel calm?

7. What would you like to remember?

8. Is there anything you would like help with tomorrow?

9. What are you thankful for tonight?

10. What would you like to dream about?





Tonight's Story Planner

Child's Name

Animal Hero

A Feeling to Explore

Place

Today's special moment



Barnaby Bunny and the Worry Cloud

Barnaby Bunny had a little worry cloud. It followed him past the buttercups, bobbed beside him at supper, and settled softly over his ears at bedtime.

‘I wish I could make it disappear,’ Barnaby whispered.

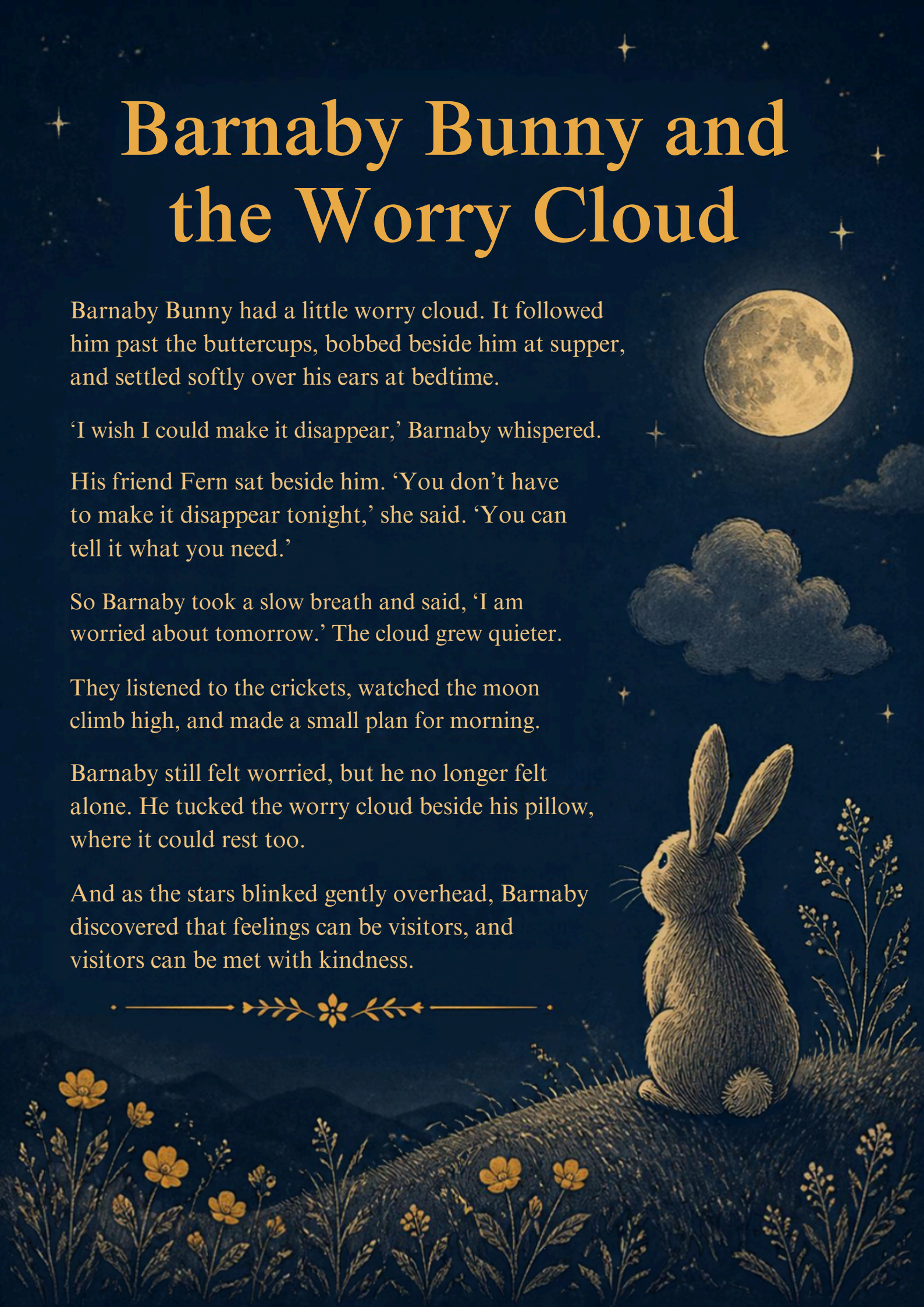
His friend Fern sat beside him. ‘You don’t have to make it disappear tonight,’ she said. ‘You can tell it what you need.’

So Barnaby took a slow breath and said, ‘I am worried about tomorrow.’ The cloud grew quieter.

They listened to the crickets, watched the moon climb high, and made a small plan for morning.

Barnaby still felt worried, but he no longer felt alone. He tucked the worry cloud beside his pillow, where it could rest too.

And as the stars blinked gently overhead, Barnaby discovered that feelings can be visitors, and visitors can be met with kindness.



A night sky with a crescent moon and stars. The sky is dark blue with a few wispy clouds. The moon is a bright yellow crescent in the upper right. Several stars of varying sizes are scattered across the sky. The bottom of the image shows a dark landscape with rolling hills and silhouettes of evergreen trees. A decorative flourish with a crescent moon and stars is at the bottom center.

Sweet Dreams

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