

bedtime movement cards

for kids

nurture

MASSAGE  THERAPY

instructions

- Print these cards on cardstock, with the picture of the pose on the front, and instructions on the back. Cards should be at least 3 in x 4 in.
- Cut the cards out, along the dotted line.
- Use these simple movements to help your little one get ready for bedtime. The movements are recommended for ages 2-10.

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MASSAGE  THERAPY

instructions

- Depending on your child's level of engagement, each position can be held for 30 seconds - 2 minutes.
- It is recommended to do these poses in the child's sleep space or a room large enough to stretch out.
- Read each card aloud, while showing the front picture to your child.
- Do these positions together or as a family right before bedtime.

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MASSAGE  THERAPY

watch

Use the QR Code below to see a
video of this bedtime stretch
routine with Nichole.
Point your camera phone at the
code and click the link.



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child's pose



child's pose

Kneeling on the floor we fold
our body over our legs.

Make yourself tiny!

We are all tucked in, safe
and cozy.

Child's pose is a great way to
take a rest.



rock, rock



n

rock, rock

We lie on our backs and hug
our knees

Rock, rock on your back to
calm your body down!



windshield
wiper



n

windshield wiper

We lie on our backs and bend our knees
with our feet on the floor.

We let our knees fall to one side -
SWISH!

We are Windshield Wipers.

We let our knees fall to the other side -
SWISH!

Keep swishing knees side to side as you
breathe.



savasana



n

savasana

We lie on our backs with our
breathing buddies on our
bellies.

We breathe in and out to gently
rock our buddies to sleep.

Did your buddy fall asleep yet?

Keep breathing deeply and
take a break with your buddy.

