

A FREE GIFT FROM ATLAS MOON PUBLISHING

# The Bedtime Calm Kit

*for the nights the worries get loud*



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TQOL 1 OF 4 · CUT IT OUT, KEEP IT BY THE BED

# The 3-Step Bedtime Breathing Card

Lumo's slow breath, step by step. Do it together the first few nights — soon they'll lead.

cut along the dotted line

## Lumo's Slow Breath

*slow is strong*



STEP 1

### **Breathe in through your nose**

Slow and quiet, like a moon rising. Count along: 1... 2... 3... 4.



STEP 2

### **Hold it, soft and still**

Like you're cupping a tiny firefly — gently, gently. Count: 1... 2.



STEP 3

### **Blow it out, long and slow**

Like you're sending a star up into the sky. Count: 1... 2... 3... 4... 5.

Do it three times. Then one more, just for the moon.



Tip: breathe it with them — calm is contagious.

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TOOL 2 OF 4 · THE ROUTINE FROM THE WHISPER WORRIES

# Name It, Breathe It, Send It to the Stars

A three-step goodnight ritual for any worry that shows up after lights-out.

## 1 · NAME IT

### **Give the worry a name, out loud.**

Help your child say what the worry is — even a tiny version counts. Naming a feeling is the first real step of calming it.

*“What is your worry whispering tonight? Let’s give it a name — even a silly one.”*

## 2 · BREATHE IT

### **One slow Lumo breath, together.**

In through the nose (1–2–3–4), hold (1–2), out long and slow (1–2–3–4–5). The out-breath is the magic part — make it the longest.

*“Let’s breathe it soft. Slow as a rising moon... and blow it out like we’re sending a star.”*

## 3 · SEND IT TO THE STARS

### **Imagine the worry floating up and away.**

Picture the worry drifting out the window, up into the night, where it turns into a star. The worry isn’t bad — it just doesn’t need to stay in the bed.

*“There it goes... up, up, up. Look at that — your worry makes a beautiful star.”*

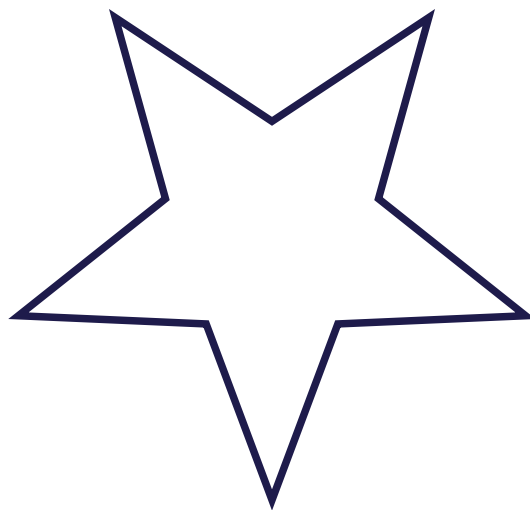
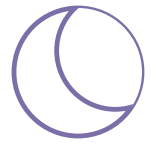
**“A worry that gets named gets smaller.”**

— Lumo



# Turn a Worry into a Star

Draw your worry inside the cloud. Take one slow breath. Then color the star it becomes.



*now color the star it becomes*

Breathe in... breathe out... and send it to the stars.



TOOL 4 OF 4 · WORD FOR WORD, FOR THE LOUD-WORRY NIGHTS

# The Parent Bedtime Script

Say it slowly. Pause more than feels natural. You can't do it wrong.

LIGHTS LOW. SIT ON THE EDGE OF THE BED.

*"Your body did so much today. It's allowed to rest now."*

IF THE WORRIES START:

*"Sounds like a whisper worry is visiting. They do that at night. Everyone gets them — even me."*

NAME IT TOGETHER:

*"What is it whispering? Let's give it a name... Got it. Hello, little worry. We hear you."*

BREATHE IT TOGETHER:

*"Let's breathe it soft. In... 2... 3... 4. Hold... and blow it out slow, like we're sending a star."*

SEND IT OFF:

*"Now picture it floating out the window — up, up, up — until it twinkles. Your worry makes a beautiful star."*

CLOSE THE NIGHT:

*"You are safe. You are loved. The night is just the day, resting. I'll see you in the morning, star-sender."*

## IF TONIGHT IS EXTRA HARD

Skip the script. Stay a little longer, breathe slowly yourself, and say only this: "I'm here. You're safe. We can name it in the morning." Connection first — the tools will still be there tomorrow.

