



BEDTIME GRATITUDE PRINTABLE



SO YOUR CHILD FALLS ASLEEP
FEELING GOOD ABOUT THEIR
BODY

HOW IT WORKS

My nine-year-old daughter and I go through this exercise every night when I tuck her in. She loves it so much, she won't let me away with not doing it. I've made a point of being playful, staying away from hard and fast rules, or needing her to act in a certain way. Sometimes she's still, keeps her eyes closed and seems to relax deeply into it. Other nights she's alert, makes comments, reminds me of bits I might have forgotten or suggests areas of her body she would like to thank that I haven't thought of.

“My eyelids, Mum! We've never done our eyelids.”

I hope you'll take these scripts and make them your own. Figure out if it's best to sit on your child's bed, or lie down with them. See if it's better to do the same routine each night, or mix it up. I have two general themes: One starts at the toes and works up. The other with the skin and works inward. You'll find these two scripts on the following pages. Use them as a starting point, add your own touches and make it a little slice of gorgeousness to enjoy with your child.

for questions and enquires visit
emmawright.co.nz

WHAT I HOPE YOU'LL GET

- To help your darling end each day feeling gratitude about his/her body
- To build a body positivity routine into your child's bedtime
- To help your child focus on what their body does for them rather than what it looks like
- A way to talk about how amazing bodies are without focusing on appearance
- A way to give your child a positive way of seeing the uniqueness in their body
- A chance to have a little fun together
- A way to introduce gratitude to your child in a playful and fun way

Good luck. When you've tried it a few times, let me know how you go. I'd love feedback on what could be improved - and to hear about your experience.

for questions and enquires visit
emmawright.co.nz

FROM THE TOES UP

script one

Close your eyes and feel your toes. Give them a wiggle. Feel what temperature they are. See if you can feel what is touching them - the bed, your socks...

Now see if you can feel your whole feet.

Feel the weight of the blankets and the support of your mattress.

Think about everything your feet have done for you today. Walking. Running. Helping you go from here to there. Think about how much your feet did without you ever having to ask them. They just did it.

While you're thinking about your feet - send down a big thanks for everything they did for you today.

Now feel your legs.

Make them move a little bit and feel the bones and muscles in your legs.

Think about everything your legs did for you today. Running around. Sport. Moving you about from place to place.

While you are thinking about your legs send down thanks for everything they did for you today.

Now feel your body from the top of your legs to the start of your neck. Feel the muscles in your belly and back. Imagine the bones of your ribs and spine and pelvis.

Think about everything that goes on in your body. Your tummy digesting food so you have energy. Your lungs taking in oxygen to keep you alive. Your heart pumping blood around your body. (My daughter loves to add, "My bum making poos!" - but you can leave that out if you like!).

While you're thinking about all the amazing stuff that goes on in the middle of your body, send down a big thanks. Give an extra special thanks to any bits you are particularly grateful for today (some days there are no bits other days it's all the bits!).

Now, feel your arms. Feel the skin and bones and muscles of your arms and notice your hands at the same time.

Think about everything your arms do for you. Picking things up, getting you dressed, feeding you, helping you do your school work.

While you are thinking about everything your arms do, send down thanks to them as well.

Now, feel your head. Feel your face against your pillow and feel the weight of your head sinking into its softness. Feel your hair on your head. Feel your face - your eyes, your nose, your mouth.

Think about everything your head does for you. Your eyes let you see things and your nose smells things and your ears hear things. Your skull keeps your brain protected. Your brain thinks all your thoughts for you.

While you are thinking about all the amazing things your head does for you, send it a thank you, too. Let each part of your head know how much you appreciate the work it does of you.

Now, feel your entire body. Feel it sinking into your mattress. And as you drop off to sleep, send it one last big thank you. Thank it for being your body and nobody else's. You can promise it you will take care of it and respect it, too, if you like.

Good night sweetie. Good dreams. I love you...

FROM THE SKIN IN script two

Close your eyes and feel the skin all over your body.

See if you can feel what is touching it - the bed, your jarmies...

Now see if you can feel the temperature of what is next to your skin.

Feel the weight of the blankets and the support of your mattress.

Think about everything your skin has done for you today. Protecting you. Helping you feel the world around you. Keeping you waterproof.

While you are thinking about your skin - send it thanks for everything it did for you today.

Now feel your muscles.

Move a little bit and feel all the muscles all over your body. Feet, hands, legs, arms, back, tummy, neck, face...

Think about everything your muscles did for you today. Running around. Sport. Moving you about from place to place. Helping you eat and get dressed, breathe, drink, see...

While you are thinking about your muscles, send a thank you for everything they did for you today.

Now feel your bones. Feel all the bones in your body. From your skull to all the tiny bones in your feet and everything in between.

Think about everything your bones do for you. Give you structure. Let you stand up. Protect you. Make your blood for you. Stop you for being a big pile of jelly on the floor.

While you are thinking about all the amazing things your bones do for you, say thanks.

Now, feel your heart beating. Feel it pumping blood around your body. Think about everything your heart does. Feel feeling for you. Keep you alive. Think about how it does all that without ever having to be asked.

While you are thinking about everything your heart does, let your heart know you are thankful.

Now, feel your blood. Think about the blood moving around your body.

And imagine everything your blood does - bringing you oxygen, food, helping you to heal if repairs need doing. And then getting rid of everything our muscles don't need, so our lungs can breathe that stuff out.

While you are thinking about all the amazing things your blood does for you, remember to say thank you very much.

Now, feel your entire body. Feel it sinking into your mattress. And as you drop off to sleep, send it one last big thank you. Thank it for being your body and nobody else's. You can promise it you will take care of it and respect it, too, if you like.

Good night sweetie. Good dreams. I love you...