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The Old Brewery, 6 Blundell Street, London N7 9BH, United Kingdom.
T (0)20 7700 6700 F (0)20 7700 8066 **www.QuartoKnows.com**

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HOW TO READ THIS BOOK
(FOR GROWN-UPS)

Sleep can be hard to come by in our hyper-stimulating modern world. Bedtime routines, including reading together, can help. Each page in this book contains relaxation exercises that are woven into stories about the magical night sky.

Look out for the moon symbol to find the exercises.

Each exercise is short and simple to do. The pages are self-contained, so there is no need to read through from beginning to end if you don't want to. To start with, try to complete just two or three exercises – the key is for the child to enjoy it and for it not to feel like a chore. If they've had enough after one, then stop. If they want to keep going, then carry on.

Try every strategy, even the ones you think your child might not like. There's no 'one size fits all' so it's important to work out what works for you and the child. Different approaches work for different people and by trying out all the strategies you'll find a range of options.

Try and join in with the exercises, as modelling is a great way to help children learn. You'll have the added bonus of a relaxing end to your day and you might even pick up a few that work for you!



Do you recognise the constellation of ORION THE HUNTER? He stands proudly in the night sky holding his enormous shield and sword. Near to Orion are two dogs, CANIS MAJOR and CANIS MINOR, who are whizzing through the glittering sky together as they try to catch LEPUS THE HARE.



Can you make your body look like a hare? Place your hands and knees on your mattress so that you're on all fours. Move your feet together so that your two big toes touch. Lower your bum towards your heels and stretch your arms out in front of you – as if they were long hare ears. Gently place your forehead on the mattress and let your chest sink down between your knees. Take three deep, slow breaths in and out.

Lepus jumps and soars as she tries to outrun Orion the Hunter and his dogs. Her big feet go thump, thump, thump.

Now lie back, place your hand on your heart and feel it beating. Thump, thump, thump. Take a deep breath in and blow out.

Let's take a trip to the zoo in the sky. Look out for CAMELOPARDALIS THE GIRAFFE with his long neck, APUS THE BIRD OF PARADISE with her colourful, feathery tail billowing out behind her, LACERTA THE LIZARD as he scampers across the sky and big-eyed CHAMAELEON THE CHAMELEON with his long, sticky tongue. Chamaeleon the Chameleon isn't very bright and can be difficult to find. This might be why it's named after the camouflaging chameleon, which can change colour to blend in with its surroundings.

CAMELOPARDALIS
the Giraffe

APUS
the Bird of Paradise

CHAMAELEON
the Chameleon

LACERTA
the Lizard





Imagine a colour that makes you feel warm, happy and safe. What colour are you thinking of? Close your eyes and picture that colour surrounding you. Imagine it entering through your heart and flowing slowly through your body, filling you with warmth, strength and happiness.

Have you ever heard about a mythical firebird called a PHOENIX? Stories say that every couple of hundred years the bird builds a little nest for itself where it then bursts into beautiful orange, red and yellow coloured flames. Then, from the ashes, a little baby phoenix is reborn and lives again for another couple of hundred years before the whole process starts again.

Can you imagine a beautiful red phoenix feather? Close your eyes and picture it as clearly as you can. Now hold up one finger in front of your mouth and pretend it is the feather. Take a deep breath in through your nose. As you breathe out, blow the air out through your mouth very slowly and softly. Feel the air on your finger and imagine the feather fluttering as you blow on it. Breathe in slowly through your nose and repeat three times.



Goodnight, Stars

The night sky is full of mystery, adventure and age-old tales. We've journeyed all around the dark and glittering night sky but now it's time to snuggle deep beneath our covers, close our eyes and let these magical stories fill our dreams.

Maybe you'll dream of floating through a moonlit sky on broad wings, like Aquila the Eagle. Or perhaps you'll drift down a glittering stream with Cygnus the Swan.

Close your eyes, burrow beneath your blankets and let
your dreams whisk you away on a magical starry adventure.

