

Oscar and the Whispering Cloud activity pack



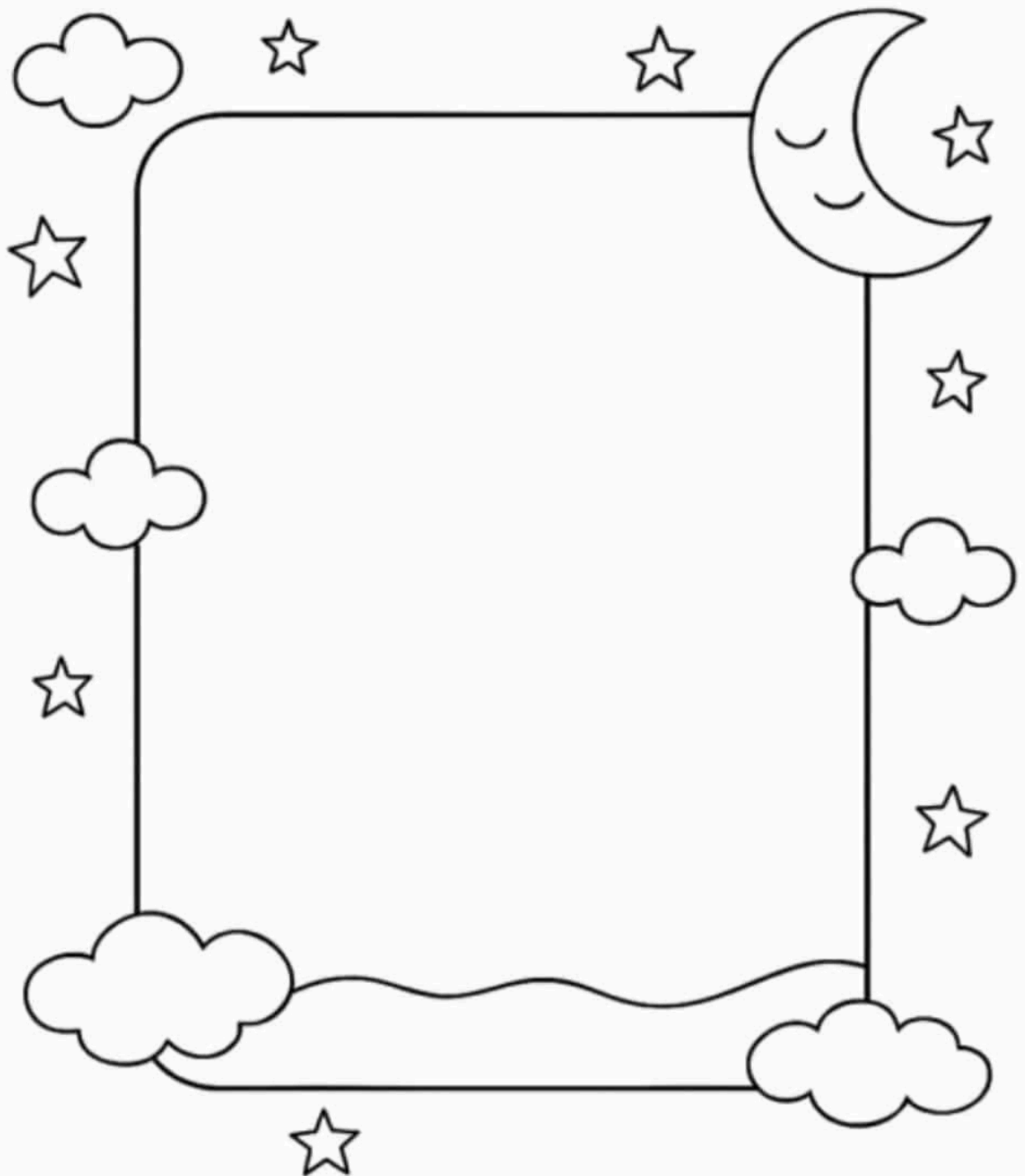
Night Sky Spot and Count

Count the stars, moons, and clouds.



Draw someone you love sleeping peacefully

Draw a picture of someone you love
sleeping peacefully inside the frame
below.

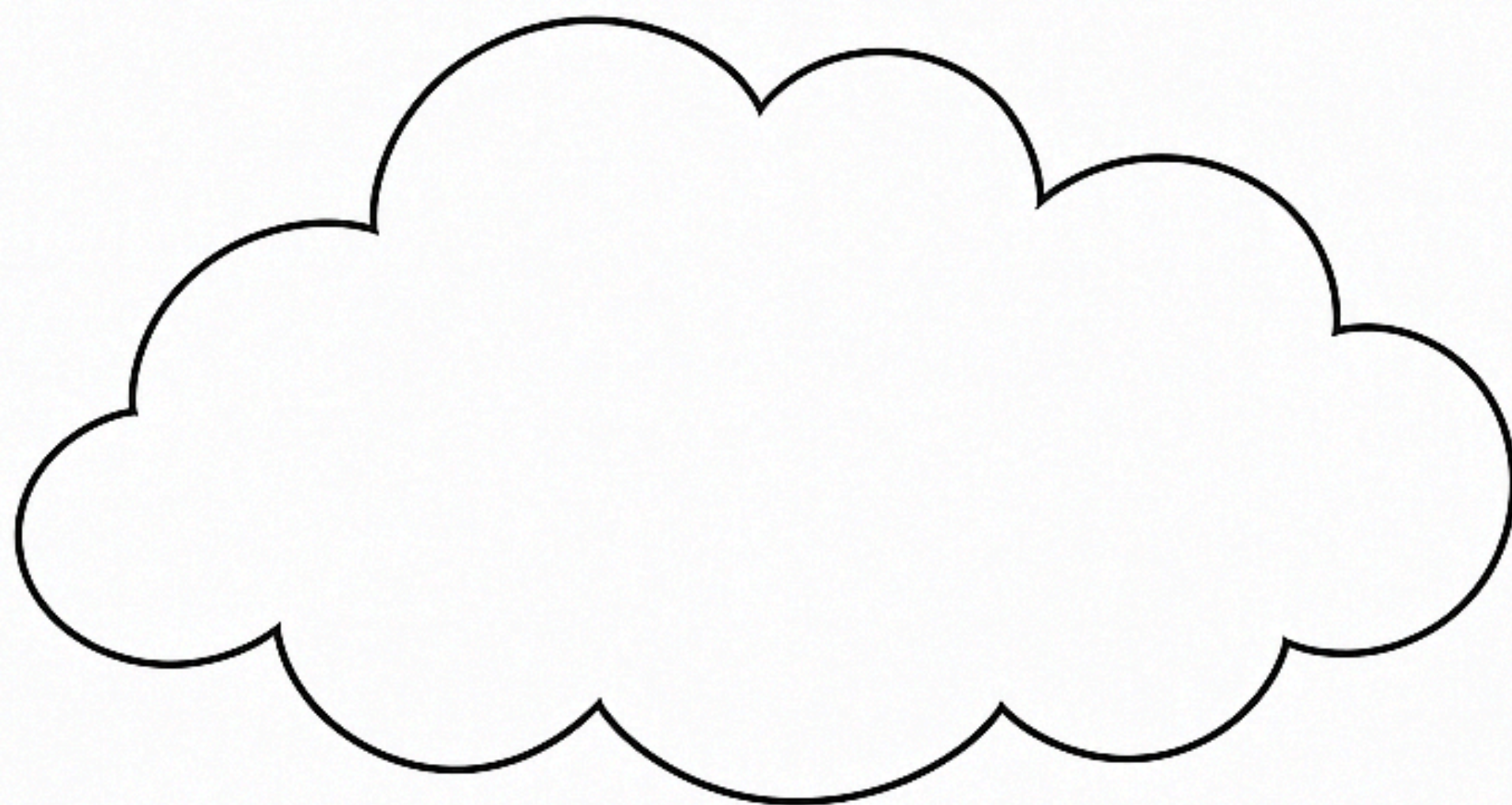




Count Stars



**Think about what
you'd like to dream
tonight**



Imagine the cloud cradling you
to sleep as you close your eyes.

Calming Bedtime Routine



1. Have a warm bath
2. Put on your pyjamas
3. Brush your teeth
4. Listen to soft music
5. Cuddle a soft toy
6. Read *Oscar and the Whispering Cloud*

