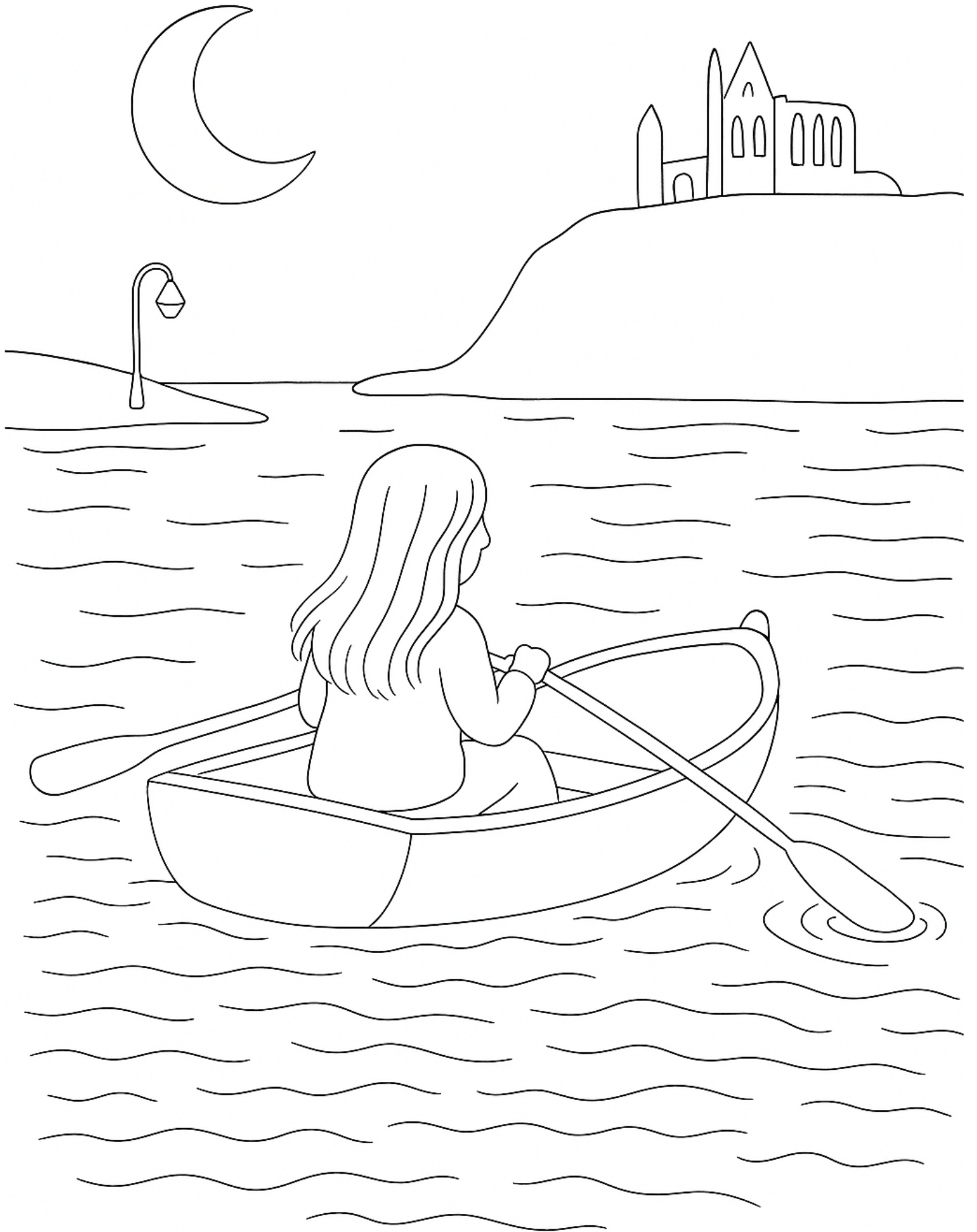


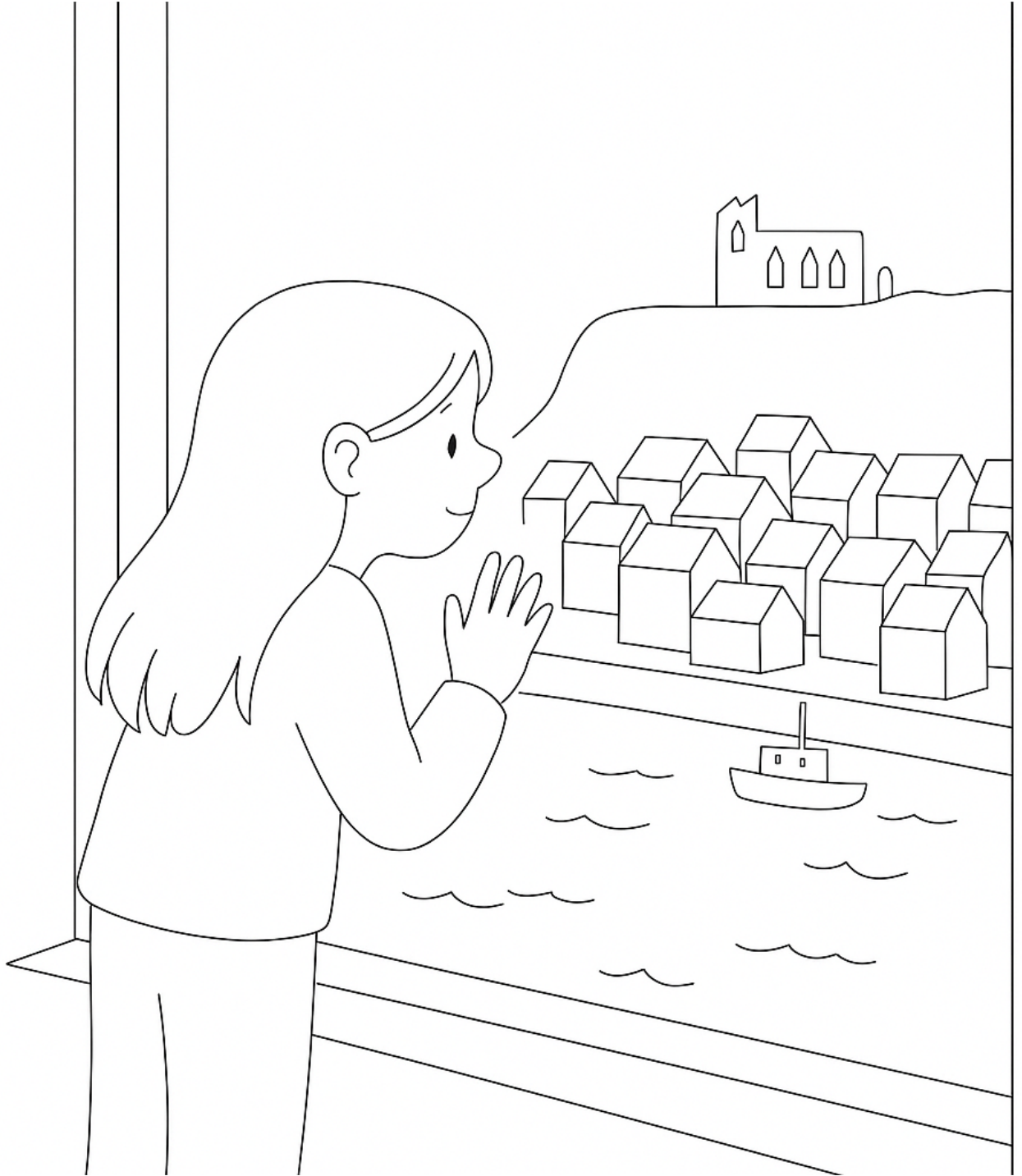
# Lottie and the Hotel by the Sea

calming activity pack









## ■ Can You Find...?

Look carefully through \*Lottie and the Hotel by the Sea\*. Can you spot all these calming things?

- The sea outside Lottie's window
- The big hotel on the hill
- A crescent moon
- A wide window
- A little boat on the water
- The whalebone arch
- A glowing lamppost
- Lottie's yellow coat
- A bird in the sky or near the sea
- Lottie's footsteps going up the stairs

*Tick each box as you find them. What else can you spot?*

# ■ Lottie's Calming Bedtime Routine

A gentle wind-down to help little ones feel safe, settled, and ready for sleep.

## ■ 1. Soothing Bath or Wash

A warm bath or a soft face cloth can help your body know it's time to slow down. Add a calming lavender scent or dim the lights like a soft evening sky.

## ■ 2. Cosy Pyjamas & Snuggles

Put on your favourite pyjamas and choose a cuddle toy, just like Lottie has her coat and comfort things near.

## ■■ 3. Create a Calm Space

Turn on a warm nightlight or fairy lights. Tuck into bed and listen to the world getting quieter. Play gentle lullaby music or white noise if helpful.

## ■ 4. Storytime with Lottie

Read \*Lottie and the Hotel by the Sea\* slowly, pausing to look at the pictures and talk about what Lottie might be feeling.

Ask gentle prompts:

- What do you see from Lottie's window?
- What sounds might you hear near the sea?

## ■ 5. Cloud Breaths

Breathe in like you're smelling the sea air... Breathe out like the wind brushing over the waves...

Repeat 3–5 times with your child tracing a cloud shape in the air or on their hand.

## ■ 6. Whisper Thoughts

Ask quietly:

“What was one calm thing from today?”

“What do you think Lottie might dream about?”

Whisper a little wish together: “I hope you sleep well and feel calm like the sea.”