Seven Gentle Evenings

A tiny keepsake for bedtime connection, at your own pace.



There is no schedule to keep. Choose any seven evenings, or skip a night.

NIGHT 1 One little moment we shared: _____

NIGHT 2 One little moment we shared: _____

NIGHT 3 One little moment we shared: _____

NIGHT 4 One little moment we shared: _____

NIGHT 5 One little moment we shared: _____

NIGHT 6 One little moment we shared: _____

NIGHT 7 One little moment we shared: _____

Room for Two Feelings

Every feeling is welcome, including feelings that do not match.

Two feelings can both belong. Draw, write, or color them.

I might feel...

I might feel...

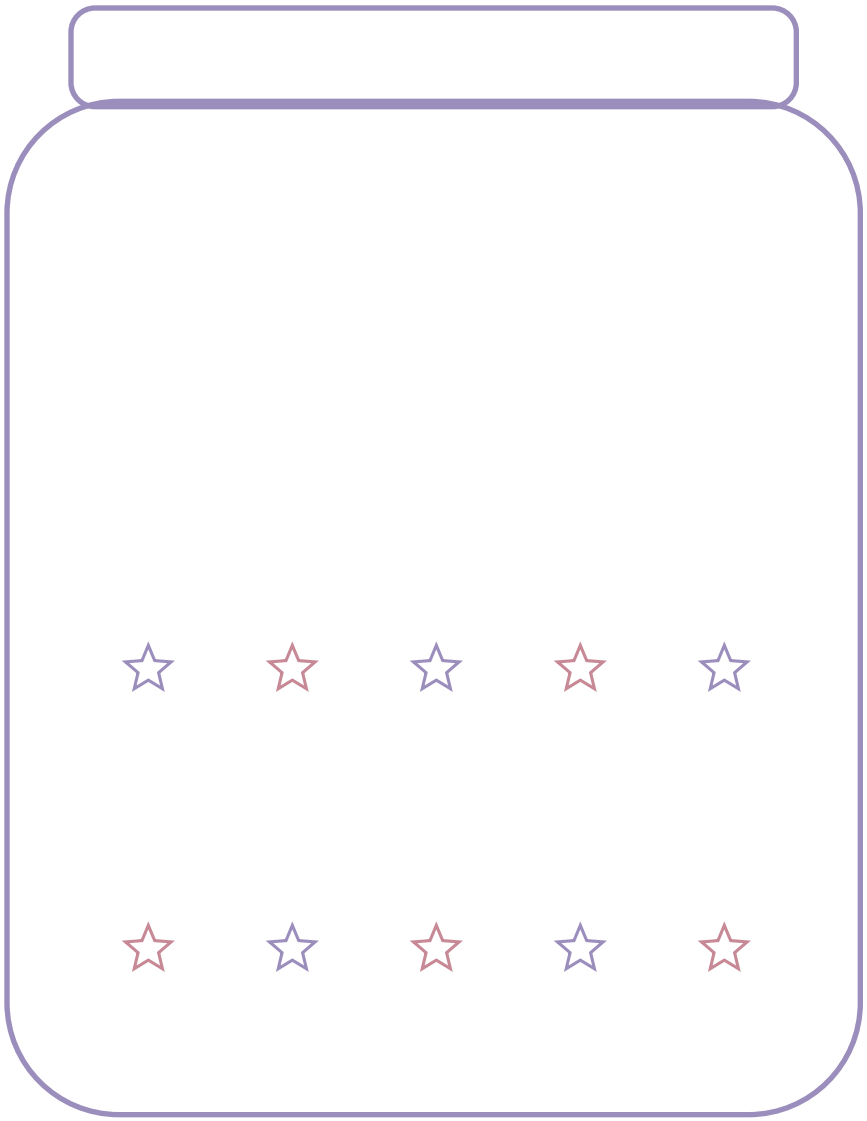
WHAT COULD HELP TONIGHT?

You can pass, be quiet, or share just one word.

Our Tiny Moment Jar

Save one ordinary moment from a day you spent together.

Draw or write a tiny moment you would like to remember.



OUR LITTLE MOMENT, IN WORDS:

Our Sleepy Story

A story to make together before lights-out.



Take turns: one person starts the story, the other adds a twist.

BEGINNING

Once upon a sleepy bedtime...

SILLY MIDDLE

Then something surprising happened...

COZY END

At last, everyone...

OUR STORY TITLE:

Make up a sleepy animal greeting to finish!