7 Days of Bedtime Connection

Companion to A Little Time Together | Ages 3+

INSIDE THIS DOWNLOAD

- Seven cut-apart conversation cards
- One simple family connection activity
- No special supplies needed

HOW TO USE

Choose one card at bedtime. Listen without correcting or rushing.

Children can answer with words, gestures, or a drawing.

Bedtime Conversation Cards

Cut along the dashed lines, or simply point to a card.

1 • A Happy Moment

What made you smile today?

2 • A Kind Thing

Who was kind to you today?

3 • Our Favorite Thing

What is something you love doing together?

4 • A Brave Moment

Was anything hard today? What helped?

Bedtime Conversation Cards

Cut along the dashed lines, or simply point to a card.

5 • Something New

What did you notice or learn today?

6 • A Little Thank You

Who would you like to thank?

7 • Tomorrow’s Wish

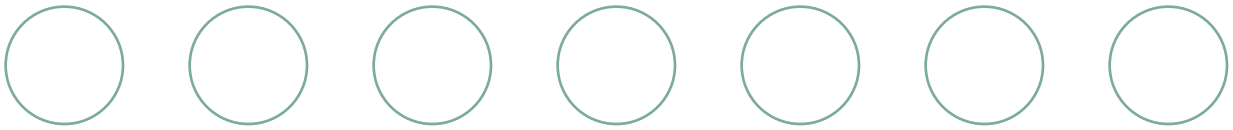
What is one thing you hope to do tomorrow?

Our Little Connection Ritual

An optional activity for any evening.

Draw a star for every night you share a moment together.

It is okay to skip days. Connection is not a competition.



1 2 3 4 5 6 7

More gentle bedtime moments: A Little Time Together.

Find more activities from ErinZona Creative Collective.