Calm Together, Then a Story

Bodies first. Books second.

Grown up steps

1. **I breathe first**
   One slow breath. Shoulders down. Phone away.
2. **We sit close**
   No book yet. "I'm just here with you."
3. **Something to hold**
   Soft toy, blanket or fidget.
4. **Book comes out slowly**
   Look at the first picture together, then read.

How is my body right now?

- **Wiggly** — move first
- **Tired** — cuddle and short book
- **Worried** — sit close, old favourite
- **Ready** — let's read

Our cosy things

- **Something soft**
- **Something to hold**
- **Our light**

If we wobble: stop, breathe, "I'm here." Then carry on, or finish for tonight.