Bedtime Bridge Card

Move first. Same order. Breathe when you need to.

1 Move first

- [ ] Cushion crash
- [ ] Wheelbarrow walk
- [ ] Push the basket
- [ ] Animal walks
- [ ] Dance to one song
- [ ] Our idea: _____

2 Wind down

- [ ] Bath
- [ ] Pyjamas
- [ ] Teeth
- [ ] Story
- [ ] Cuddle
- [ ] Stay close

3 If I'm overloaded

- [ ] Child safe first
- [ ] "I'll be right back"
- [ ] Step into the hallway
- [ ] Five slow breaths
- [ ] Shake out my hands
- [ ] Go back in calm

Check first: Lights dim? Screens off? Hungry? Snoring?