



## Cosy Moments

What helps you to feel relaxed at night when you get ready for sleep? Creating some cosy moments before sleep can really help our minds to relax. When our minds relax, our bodies can too, and we can forget about the things that can be worrying or stressing us out.

Did you know that bats like to wrap their wings around them when they go to sleep to keep themselves warm and cosy? What cosy moments could help you to feel more relaxed? Maybe wrapping yourself in a warm blanket, reading something or listening to a sleep story?

**ACTION:** Doodle something to keep Mello warm and relaxed. What could that be? Doodle the things that help you to feel relaxed and warm before bed.

