

The Magic of Sleep

Written and illustrated by
Vicky Woodgate



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Mindfulness and meditation are really good skills to have in your tool box of life. It can make you feel happier, and can help you sleep better.

Shall we give it a go?



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TRY A LITTLE MEDITATION...

Close your eyes and imagine you are in a relaxing beautiful place. Maybe a meadow full of flowers or a beach with gentle lapping waves. Hear the sounds, smell the air, imagine as much detail as you can. Notice how your breathing begins to slow and you start to relax.....



Meditation and Breathing

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Try these 2 simple breathing routines to calm the mind before bedtime.



The flower breath: Imagine smelling a flower, breathe in through the nose and out through the mouth releasing any tension. Repeat a few times.



Bear breathing: Breath like a sleepy bear - inhale through the nose - pause - count 1 2 3 - exhale -count 1 2 3..... repeat.

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Draw a picture of a calm place. It could be a meadow with flowers, or a beach with sand or even a forest with trees.