

For my daughter  
Xandria B.C

For all the little ones  
at Clifton Tots P.B

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*My Mindful Little One*  
~Bedtime~



Written by Dr Bernadette Carelse  
Illustrated by Paula Bowles

 SCHOLASTIC

*My Mindful Little One*  
~ Bedtime ~




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The day has come and gone so fast,  
So many things now in the past.  
And now is now. It's time for bed.  
Time to rest and lay down my head.

Today I did many  
things that were fun.

I played inside and  
out in the sun.

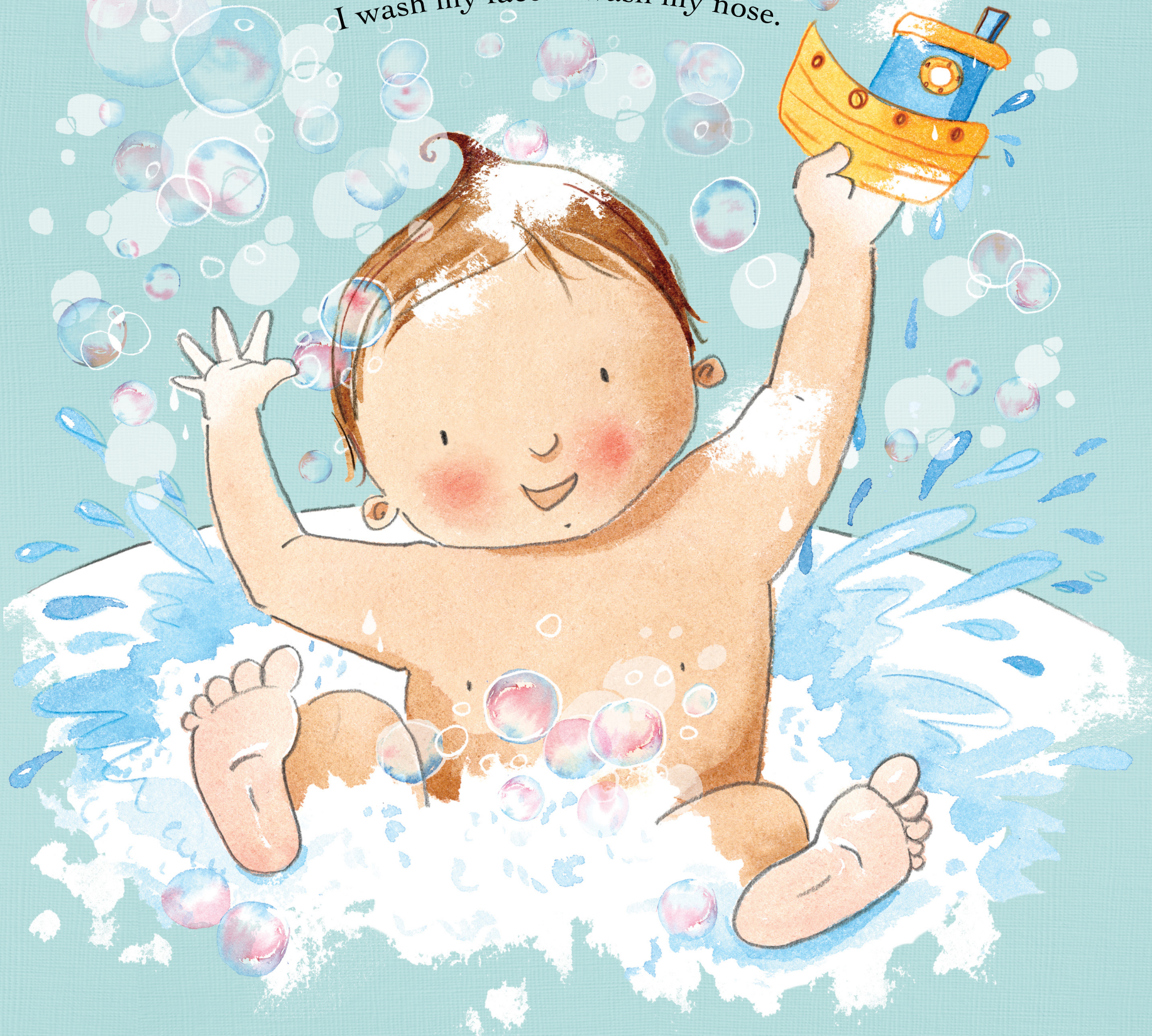


A vibrant, watercolor-style illustration of a sunny day in a field. On the left, a young child with dark hair, wearing a red and white striped shirt and blue shorts, is running and holding a blue string attached to a large kite. The kite is diamond-shaped with yellow and orange panels. A string of smaller orange and yellow bows hangs from the kite. On the right, a man with light brown hair, wearing a yellow sweater and blue jeans, is walking and carrying a young child on his shoulders. The child on his shoulders is wearing a blue patterned shirt and a red hat, and is holding a white daisy. The background is a lush green field with various plants and flowers, including sunflowers and pink roses in the foreground. The overall mood is joyful and peaceful.

*I played some games,  
you played with me.*

*Now let's pause,  
breathe and just be.*

Before my bed, I have my bath.  
I love to wash, to splash, to laugh.  
I wash my feet. I wash my toes.  
I wash my face. I wash my nose.





The water's not too cold or hot.  
I wash and wash, now time to stop.

I feel the towel wrapped all around,  
I feel my toes touching the ground.

