

Stories for the Night After a Bad Dream

Low-intensity stories for checking shadows, calming the body and making the room feel familiar again.

☐ 1. The Friendly Shadows

2 minutes · Ages 3–8

A bad dream leaves Owen frightened of familiar shadows. A parent validates the feeling, checks the room and helps Owen give the dream a safer ending.

bedtimestory.kids/the-friendly-shadows/

☐ 2. The Sleepover Lantern

2 minutes · Ages 4–8

When a first sleepover stops being funny and starts feeling far from home, Hana asks for help and learns that staying or going home can both be good choices.

bedtimestory.kids/the-sleepover-lantern/

☐ 3. The Anxious Leaf

5 minutes · Ages 3–7

Luna, a beautiful red leaf, is always anxious and fearful, longing to dance in the wind but held back by her worries. A gentle breeze encourages her to trust and let go of her fears. As Luna

bedtimestory.kids/the-anxious-leaf/

☐ 4. Twinkle, Twinkle, Little Star

1 minutes · Ages 1–3

A little star shines above the sleeping world, guiding travellers with its tiny light. This familiar, slow rhyme is made for a quiet voice at the very end of bedtime.

bedtimestory.kids/twinkle-twinkle-little-star/

☐ 5. Rock-a-bye Baby

1 minutes · Ages 1–3

A cradle rocks softly beneath a moonlit tree while a parent keeps watch nearby. This gentle bedtime version keeps the familiar opening and gives the baby a safe, sleepy landing.

bedtimestory.kids/rock-a-bye-baby/

After a bad dream – continued

☐ 6. The Unicorn Who Waited

2 minutes · Ages 3–8

Orla has no quick unicorn magic. By waiting beside a pond, she notices the frogs and fireflies that later guide everyone safely through the fog.

bedtimestory.kids/the-unicorn-who-waited/