

Sensory-Friendly Calm Stories

Quiet stories with predictable pacing, low emotional intensity and characters who pause instead of being pushed to join in.

☐ 1. The Quiet Corner Cat

2 minutes · Ages 4–8

When classroom noise becomes too much, Leo learns from a courtyard cat that a quiet pause can help him return and take part in his own way.

bedtimestory.kids/the-quiet-corner-cat/

☐ 2. 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/

☐ 3. Row, Row, Row Your Boat

1 minutes · Ages 1–3

A little boat drifts down a stream in the familiar round, then continues beneath stars and past the willows in two new bedtime verses. Rock side to side as you sing.

bedtimestory.kids/row-row-row-your-boat/

☐ 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. 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/