

A Seven-Night Bedtime Story Reset

One short, calm story for each night of a gentle week-long return to a predictable bedtime rhythm.

☐ 1. 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/

☐ 2. 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/

☐ 3. 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/

☐ 4. Rabbit's New Street

2 minutes · Ages 3–7

A new house feels wrong until Imani and Rabbit fill it with familiar things, learn the street's sounds and let new details become their own.

bedtimestory.kids/rabbits-new-street/

☐ 5. 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/

Seven-night bedtime reset – continued

☐ 6. The Unicorn's Winter Bell

2 minutes · Ages 3–8

Sora and a pale unicorn carry a lost silver bell through a snowy village until its sound reunites a wandering dog with the person waiting for him.

bedtimestory.kids/the-unicorns-winter-bell/

☐ 7. 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/