My Bedtime Worries Map

Lots of kids feel scared at night. Your feelings are real, and you are safe.

Name: _____ **Date:** _____

1 At night I worry about... Tick the ones that come up for me

- [ ] The dark
- [ ] Bad dreams
- [ ] Monsters
- [ ] Noises
- [ ] Being alone
- [ ] Someone getting in
- [ ] School tomorrow
- [ ] Something else

2 My body feels... Worry shows up in the body too

- [ ] Tummy ache
- [ ] Fast heartbeat
- [ ] Shaky
- [ ] Hot or sweaty
- [ ] Tight muscles
- [ ] Busy thoughts
- [ ] Want to cry
- [ ] Want a grown up

3 My brave bedtime tools Circle two to try tonight

- [ ] Belly breathing
- [ ] Night light
- [ ] Brave buddy toy
- [ ] My happy place
- [ ] Worry box
- [ ] Calm music
- [ ] Count slowly
- [ ] "It was a dream"

4 Change my bad dream Dreams can be changed. You are the boss of the new ending

My bad dream in a few words: _____

My new, safe or silly ending: _____

How I feel in the new dream: _____

Draw the new ending. Look at it for a minute before bed:

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My Calm Bedtime Plan

The same calm steps every night help my body know it is time to sleep.

Name: _____ **Date:** _____

1 My bedtime routine

Tick my steps and number them in order

- [ ] Screens off
- [ ] Bath or wash
- [ ] Pajamas on
- [ ] Brush teeth
- [ ] Worry time done
- [ ] Story time
- [ ] Cuddle and talk
- [ ] Lights out

2 If I wake up from a bad dream

Plan it now, while I feel calm

I tell myself: _____

I do this to feel calm: _____

If I need a grown up, I: _____

3 My week of brave nights

Tick each one in the morning

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Did my routine	☐	☐	☐	☐	☐	☐	☐
Used a brave tool	☐	☐	☐	☐	☐	☐	☐
Stayed in my bed	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Calm, brief comfort. Talk about worries before bedtime, not at lights out

Nightmare: the child wakes up scared and remembers the dream, usually late in the night. Comfort briefly and calmly.

Night terror: early in the night, screaming but not really awake, no memory. Do not wake them. Keep them safe and wait.

Get help if bad dreams come most weeks for a month or more, follow something frightening, cause daytime fear or come with loud snoring.

If a child talks about wanting to die or hurting themselves, call or text 988. If anyone is in immediate danger, call 911.

Adult notes: what is helping, date to review the plan

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