

10-Minute Wind-Down Routine for Kids

A gentle bedtime movement guide to help children release energy, feel calm, and prepare for sleep. Suitable for ages 3–8 (younger children with supervision).

1. Animal Walks

Move like a bear, duck, or frog. These heavy movements help release energy and give muscles deep pressure.

Prompt: “Shall we see which animal is the sleepiest tonight?”

2. Rock and Roll

Sit hugging knees to chest and rock back and forth like a little ball. This soothes the balance system and helps children feel secure.

Prompt: “Let’s be little rocking boats drifting to sea.”

3. Wall Push-Ups

Stand facing a wall, place palms flat, and gently push in and out. Builds calming strength through arms and shoulders.

Prompt: “Can you push the wall all the way to the moon?”

4. Butterfly Stretch

Sit with feet together, knees out like wings. Slowly flap knees or hold still. Encourages stillness and relaxation.

Prompt: “Our butterfly wings are getting sleepy. Let’s let them rest.”

5. Starfish Breathing

Stretch arms and legs wide like a starfish, then curl into a ball like a seashell. Breathe deeply as you move.

Prompt: “Big starfish... tiny seashell. In... and out.”

6. Weighted Blanket Hug

End with deep pressure. Wrap in a blanket, use a weighted blanket, or hug a big pillow. Signals the body it’s time to rest.

Prompt: “Let’s hug the day goodbye and say hello to dreamtime.”

Tip: Do each move for 1–2 minutes. Keep the routine light and playful, adjusting for your child's energy and mood.