

MADE WITH LITTLE STORYBOOK



Lily Sleeps in Her Own Room

Your cozy room is full of gentle night wishes.



This Is My Room

My name is Lily. I am four. At night, I sleep in my own room. My room has a low bed, a teddy bear, and a window.





Soft Pajamas

After my bath, it is bedtime. I put on my striped pajamas. They are soft and warm.

One More Page

My grown-up reads me a picture book. The bedside lamp makes my room cozy. Usually we read one or two books.





The Star Stays On

Then my grown-up turns off the lamp. My star night-light stays on. The room gets darker. Many children feel a little nervous in the dark. That is okay.

Three Slow Breaths

My room is the same room as in the day. My teddy is here. My books are here. I can try hugging my teddy and taking three slow breaths.





The Door Open a Little

My grown-up says goodnight. The door usually stays open a little. My grown-up is close by, in our home.

Good Morning, Room

My eyes get heavy. I fall asleep in my own bed. In the morning, the sun comes in the window. I slept in my own room.





THE END

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Put your child in this story

Free to try. Scan the code or visit

littlestorybook.ai/stories/en/bedtime

LITTLE STORYBOOK

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