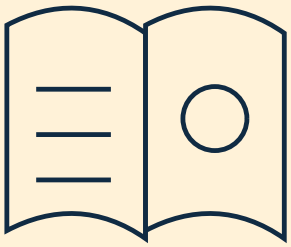
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**A familiar friend and a gentle ending**

# A little story before goodnight

A simple bedtime story shape, fictional feeling cards and room to draw a small adventure together.



## A little guide for grown-ups

**For a quiet moment with a grown-up**

1. Choose a familiar character and a small moment from their day.
2. Let someone offer a kindness, then find somewhere to rest.
3. Keep your family's favourite last sentence for another evening.

## Inside the pack

A little story before goodnight / Our cosy goodnight / How does our character feel? / Our story in six pictures

Paper and pencils are enough. Draw, tell or dictate. Use only the pages that fit your day.

**A little idea for right now**

Where would a tiny paper dragon feel most comfortable after an adventure?

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# A little story before goodnight

**A familiar friend. A small adventure. A gentle ending.**

Choose a comfortable moment. Whisper, draw or tell aloud. Keep the adventure as short as your family wants and follow your child's little ideas.

## Someone we know

Which friend shall we visit? What small thing happened to them today?

## One little kindness

Who helps them, or who could they help?

## Somewhere to rest

Where does the friend feel safe and comfortable? What do they notice there?

## A line we can come back to

Invent your family's own last sentence. You can use it again tomorrow.

**Our next story can wait for another day. Goodnight, little friend.**

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# Our cosy goodnight

One small worry, a little help, and a familiar place to rest. Let the story get quieter as it goes.

**Our character...**

**Our world...**

### 1. Let evening arrive

What does our character see or hear as the day ends?

### 2. Name a small worry

What feels unfinished or unfamiliar?

### 3. Take a gentle step

Where do they go to look for comfort?

### 4. Find a little help

Who listens, or what familiar thing reassures them?

### 5. Come back to comfort

How does their place feel safe and cosy again?

### 6. Whisper the last line

What quiet sound or repeated words close the story?



Free for home and educational use. Your ideas are yours.

Free for home and educational use.

Your ideas. Your next story: fablebunch.com

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# How does our character feel?

**Six feelings. Six ways into a story.**

Point to a card or cut them out with a grown-up. Choose a feeling for a fictional character. You can always pass or invent another feeling.

### Delighted



A tiny surprise makes their whole day. What is it?

### Worried



Something feels new. What could help them take one small step?

### Cross



Their plan goes wrong. What do they try before trying again?

### Proud



They do something that was tricky. Who notices?

### Lonely



They want some company. How could a friend invite them in?

### Curious



A strange sound comes from a pocket. What do they discover?

**A character can feel two things at once. What changes by the end?**

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# Our story in six pictures

**Draw, scribble or tell a grown-up what to write.**

Pictures, words and speech bubbles all count. Use these six moments or invent your own order.

### Meet our friend

Who is here?

1

### Somewhere new

Where do they go?

2

### A little wish

What do they want?

3

### Something tricky

What gets in the way?

4

### A new idea

What do they try?

5

### Our ending

What happens, and how do they feel?

6

**Story by:** _____ **Title:** _____

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