

OUR QUIET TEN · BEDTIME RITUAL PRINTABLES

Our Quiet Ten

Bedtime Conversation Cards for Ages 6-8 (7-Night Edition)

No tests, no hurry. Just ten gentle minutes of bedtime sharing.

One card per night · Grown-up answers first · Skip or hug anytime · A calm ending

Recommended: Print on A4/Letter paper, cut along the dashed line, and keep bedside.

Tonight's Weather

If you drew a weather map of today, would it have sun, clouds, rain, or wind?

GROWN-UP FIRST

I'll share my weather map first, then it is your turn.

FOLLOW UP

What made the weather change?

PLAY & MOVE

Take turns making the face of one kind of weather. Guess, then let the person name it.

PARENT NOTE

A child does not have to explain why. Naming one kind of weather is a complete answer.

Avoid saying: "There is nothing to be sad about."

Tomorrow hint: When good weather arrives tomorrow, give each other a tiny wink.

If Your Pillow Could Talk

If your pillow remembered all your dreams, what would it want to remind you tonight?

GROWN-UP FIRST

Mine might remind me that there is one thing I am ready to set down for the night.

FOLLOW UP

Is there anything you would like your pillow to keep safe? You can always pass.

PLAY & MOVE

Let the pillow say one short line in a made-up voice. Guess who or what the voice belongs to.

PARENT NOTE

Imagination has no correct answer. Silly answers often make the conversation easier.

Avoid saying: "Be serious. Stop making things up."

Tomorrow hint: In the morning, ask the pillow whether it dreamed.

The Funniest Moment Today

What moment today made you want to laugh?

GROWN-UP FIRST

I'll tell you about one of my own clumsy moments first.

FOLLOW UP

If it happened again, what would you do?

PLAY & MOVE

Give three tiny clues about the funny moment. Let the other person guess before you tell it.

PARENT NOTE

Sharing a little of your own clumsiness first can make it safer for a child to join in.

Avoid saying: "That is not funny."

Tomorrow hint: If something funny happens tomorrow, save it to tell each other.

Three Things for the Moon

If our family moved to the moon for one night, which three things would you pack?

GROWN-UP FIRST

I will choose one useful thing, one fun thing, and one thing I would miss.

FOLLOW UP

Which thing could not come with us, and why?

PLAY & MOVE

Mime packing one moon item at a time. The other person guesses what went in the bag.

PARENT NOTE

Choices can show what a child likes or feels close to, but they do not need to be interpreted.

Avoid saying: "You cannot bring that. Choose something else."

Tomorrow hint: Tomorrow, look together for one thing shaped like the moon.

A Medal for Today

What small thing you did today deserves a medal? What is the medal called?

GROWN-UP FIRST

I'll begin with something that did not have to succeed, as long as I tried.

FOLLOW UP

If the result did not matter, which part of trying deserves the medal?

PLAY & MOVE

Describe what the medal celebrates without naming it. Let the other person guess its title.

PARENT NOTE

Notice effort, honesty, asking for help, and trying, not only good performance.

Avoid saying: "That is not worth a medal."

Tomorrow hint: Tomorrow, notice one small thing the other person deserves a medal for.

Animal Swap Day

If we each chose an animal for one day, what would you choose for me and for yourself?

GROWN-UP FIRST

I'll choose my own animal first instead of judging yours.

FOLLOW UP

What would be wonderful about that animal, and what might be tricky?

PLAY & MOVE

Make one tiny animal movement or sound. Guess the animal, then switch.

PARENT NOTE

Never use an animal comparison to mock someone's body, ability, or personality.

Avoid saying: "You are just like a lazy pig."

Tomorrow hint: Use your animal signal to say hello in the morning.

One Moment to Replay

Which moment from this week deserves a press of the replay button?

GROWN-UP FIRST

I'll begin with one small moment that included you.

FOLLOW UP

What made that moment special to you?

PLAY & MOVE

Give one sound, one place, and one object from the moment. Let the other person guess.

PARENT NOTE

A small, specific moment is easier to answer than a question about being happiest.

Avoid saying: "Why did you not choose the time I planned?"

Tomorrow hint: Next week, make ten minutes for one real replay.

Our Quiet Ten · Bedtime Ritual Printables

7-Night Moon Voyage · Bedtime Habit Tracker

Each night you share a calm bedtime conversation, invite your child to color one star.

 NIGHT 1 Tonight's Weather Date: _____	 NIGHT 2 If Your Pillow Could Talk Date: _____	 NIGHT 3 The Funniest Moment Today Date: _____	 NIGHT 4 Three Things for the Moon Date: _____
 NIGHT 5 A Medal for Today Date: _____	 NIGHT 6 Animal Swap Day Date: _____	 NIGHT 7 One Moment to Replay Date: _____	

7 Nights Completed · Family Signature: _____ Date: _____

Private family ritual · Screen-light & voluntary · Our Quiet Ten