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# Down the Sleepy River

A Mindful Bedtime Book




A lion with a large brown mane is sitting on the peak of a dark, jagged mountain. The lion is facing right, looking out over a vast landscape of rolling mountains. The mountains in the background are layered, with colors ranging from deep red and orange to bright yellow and pink. A large, bright yellow sun is setting on the horizon, casting a warm glow over the entire scene. The sky is a mix of purple, pink, and orange, with a few white clouds and small, dark, star-like specks scattered throughout. The overall mood is peaceful and contemplative.

Goodnight, Lion, resting on  
your mountain top, the  
rock still warm from  
the afternoon sun.

As the sky begins to turn  
pink, take a breath  
deep into your  
belly and  
slowly let it all out.

Breathe in, breathe out.  
Let the day go.


An illustration of an eagle with brown and red feathers flying over a golden valley. The eagle is in the foreground, flying towards the right. The valley is filled with green trees and a winding river. In the background, there are jagged mountains under a sunset sky with a large yellow sun. The sky transitions from orange near the horizon to purple at the top, with small white stars visible.

Goodnight, Eagle,  
flying over the golden  
valley, lit by the  
evening sun.

Feel the cool breeze as you  
soar through the sky.

Breathe in, breathe out.  
Feel the air on your face.





Goodnight, Parrot, settling in your nest as  
the last of the sun shines through the trees.

Listen as the leaves blow  
gently in the breeze and the  
stream trickles below.

Breathe in, breathe out,  
as sounds come and go.





Goodnight, Monkey, resting safely  
in the tree as the daylight fades.

Imagine your breath can  
reach to the tips of your  
fingers and your toes.

Breathe in, breathe out.  
Let the relaxing  
feeling flow.