

The Quiet Cloud Journey

A Bedtime Calm Script for Children



For parents to read aloud at bedtime

Ages 4–10 · Approx. 10 minutes

GUIDED IMAGERY · PARENT READ-ALoud · PRINTABLE SCRIPT

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A Note for Parents

This script uses guided imagery – a gentle storytelling technique that invites children to follow a calming mental journey as they drift toward sleep. It is not hypnosis, and it is not a technique that requires any special training. It simply requires your voice, your presence, and a willingness to slow down.

Research from the American Academy of Pediatrics shows guided imagery reduces children's bedtime resistance by up to 70% and significantly improves sleep onset time and quality. It is used in children's hospitals worldwide for pain management and anxiety.

HOW TO READ THIS SCRIPT

Pace: Speak slowly – much more slowly than normal conversation. Pause frequently.

Voice: Use your softest, most even tone. Monotony is your friend here.

Pauses: Wherever you see "..." pause for 3–5 full seconds. Let silence do its work.

Lighting: Read by very dim light – a torch under the bed works beautifully.

Adjust: Change any names, places, or details to match your child's world.

FOR DIFFERENT AGES

Ages 4–6: Keep your voice very gentle and slow. Use simple words. They may fall asleep mid-story – that's perfect.

Ages 7–9: Ask them to close their eyes and "see" each image. Add more colour and sensory detail if they seem engaged.

Ages 10+: You may read it more naturally. They can follow it as a meditation, not just a sleep story.

Beginning — Arriving in the Body

Find a comfortable position and let your body sink into your bed...

Close your eyes...

Take a slow, deep breath in through your nose...

And let it out through your mouth... like a long, slow sigh...

Again... breathe in... and out...

Notice how your body feels against the mattress...

Feel how the mattress holds you up...

You don't have to do anything...

You don't have to be anywhere...

You are completely...

The Journey — Stepping Outside

Now, I want you to imagine that you are stepping outside...

It is evening...

The air is warm and soft on your skin...

The sky above you is the deepest blue — like the colour of the ocean...

And across this beautiful sky, little stars are beginning to appear...

One by one... twinkling softly... just for you...

You are standing in a field of the softest, greenest grass...

Feel it beneath your feet... cool and gentle...

The ground is perfectly solid beneath you...

You are safe here... completely safe...

There is a gentle breeze...

The Cloud – Rising Gently

Now, you look up...

And floating down toward you, very slowly, is the most beautiful cloud you have ever seen...

It is big and soft... like the fluffiest pillow in the world...

It glows softly from inside...

A warm, gentle golden colour...

The cloud drifts down... down... down...

And hovers just above the grass...

Right next to you...

You reach out your hand and touch it...

It feels like the softest thing you've ever touched...

Warm... and safe... and perfectly still...

Above the World — Letting Go

Your cloud drifts through the sky...

The stars are closer now...

Each one a tiny light...

Twinkling softly...

Your cloud is so comfortable...

You feel your body getting heavier...

In the nicest way...

Like you are being gently pressed into the softest pillow in the whole world...

Your eyes... want to stay closed...

Your arms... are so heavy... so relaxed...

Your legs... are warm... and still...

You notice your breathing...

The Return — Into Dreaming

Your cloud drifts back toward home...

Very slowly...

Very gently...

It brings you back to your room...

Back to your warm, safe bed...

Your cloud settles softly around you...

And becomes your very own pillow...

Your very own blanket...

You are home...

You are safe...

You are loved...

Your body knows what to do now...

Creating a Sleep-Friendly Ritual

The bedtime script works best as part of a consistent winding-down ritual. Consistency is the key — the brain learns to associate the ritual with sleep, making the transition easier each night.

30 min before bed

Dim all lights. Screens off. Soft music or silence.

20 min before bed

Warm bath or shower — core temperature drop after triggers sleepiness.

10 min before bed

Into bed. Begin the bedtime story or script. Dim your reading light.

During the script

Read slowly. Keep your own breath calm and even — your child will mirror it.

After the script

Sit quietly for a moment. Place your hand on their back. No talking.

CAN CHILDREN USE THIS ON THEIR OWN?

Children aged 9 and above can be guided to read the script themselves, silently, or listen to a recorded version. The Holistic Care's courses for children and teens include guided practices specifically designed for independent use. Visit theholisticcare.com to explore.