



Lamby had a big day, and now it was time to sleep. As Lamby slept, she began to dream that she was in her favourite big, green field to play in...



Lamby looked up and saw the clouds were covering the sun. She took a big, slow breath in... then blew it out to blow the clouds away. Can you take a deep breath and blow away the clouds with Lamby?

Birds flew by, flapping their wings. Lamby laughed and wiggled around in the grass to get comfy. Can you wiggle from side to side?



Then Lamby found a big, tall apple tree. She stretched really high, and she grabbed an apple from the top of the tree. Can you do a big stretch with Lamby?

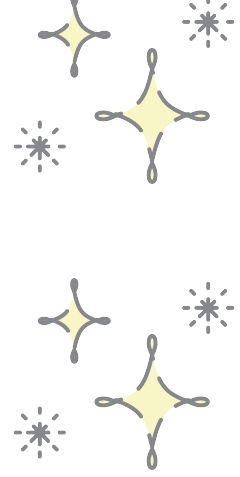
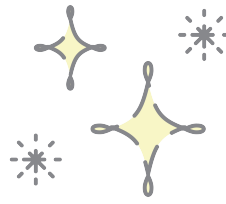
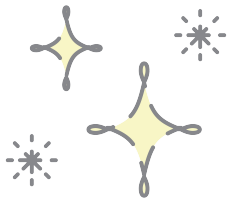


Hey! Lamby sees her best friend, Snooze the bear! She reaches her arm up and waves it side-to-side to get Snooze's attention. Put your hand up and wave to help get Snooze's attention!



When Lamby woke up, she wrapped her arms around herself in a big hug. She smiled and said, "What a wonderful adventure!" Give yourself a big hug, just like Lamby!

# IWK Sleep Week 2025



Use your finger to trace the moon, breathing in on one side and out on the other. Can you do it five times?