A FREE PRINTABLE FROM LOGAN DUFFIELD

The Brave Night Kit

Bedtime activities for little ones who are a teeny, tiny bit afraid of the dark



- ★ My 7 Brave Nights chart
- ★ The Brave Reader certificate
- ★ 6 calm-down cards to cut out
- ★ Shadow animals you can make with your hands
- ★ A coloring page
- ★ A note for grown-ups

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My 7 Brave Nights

Each night you are brave, color in a star. Then a grown-up writes what you did.

Night 1  Tonight I was brave when I...

Night 2  Tonight I was brave when I...

Night 3  Tonight I was brave when I...

Night 4  Tonight I was brave when I...

Night 5  Tonight I was brave when I...

Night 6  Tonight I was brave when I...

Night 7  Tonight I was brave when I...

When all 7 stars are colored in: you earn your Brave Reader certificate (next page)!

★ CERTIFICATE OF BRAVERY ★

Brave Reader Award

This certificate is proudly given to

_____

for 7 nights of being a teeny, tiny bit scared
and brave anyway.

**You can be scared AND brave
at the same time.**



_____ _____

Signed by a proud grown-up Date

Calm-Down Cards

Cut out the cards. At bedtime, let your child pick one or two.



Balloon Breath

Breathe in through your nose and puff up your tummy like a balloon. Hold it… one, two. Now let the air out slooowly, like a balloon that is very sleepy.



Count Ten Stars

Look out the window or close your eyes and imagine the sky. Count ten stars, very slowly. Whisper the last three.



Big Squeeze Hug

Hug your pillow, your teddy, or your grown-up. Squeeze tight for five seconds… then let go and feel your body go soft and floppy.



Name That Sound

Hear a noise? Be a sound detective! Listen together and give it a name: the wind, a car, the heater, a branch saying hello.



Goodnight Tour

Wave goodnight to three things in your room: the door, the window, the lamp. Everything is right where you left it.



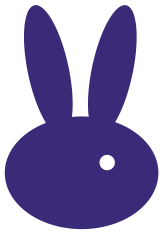
Pinky Promise

Hook pinkies with your grown-up and say together: "In the morning, the light comes back." It always does.

✂ - - - - - - cut along the dashed lines - - - - - -

Shadow Animals

Turn on a flashlight or a lamp, face a plain wall, and make friendly shadows together.



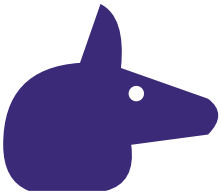
Bunny

1. Make a fist with one hand.
2. Stick up two fingers for the ears.
3. Wiggle the ears to say hello!



Bird

1. Cross your hands at the wrists, palms facing you.
2. Hook your thumbs together for the head.
3. Flap your fingers like wings and fly!



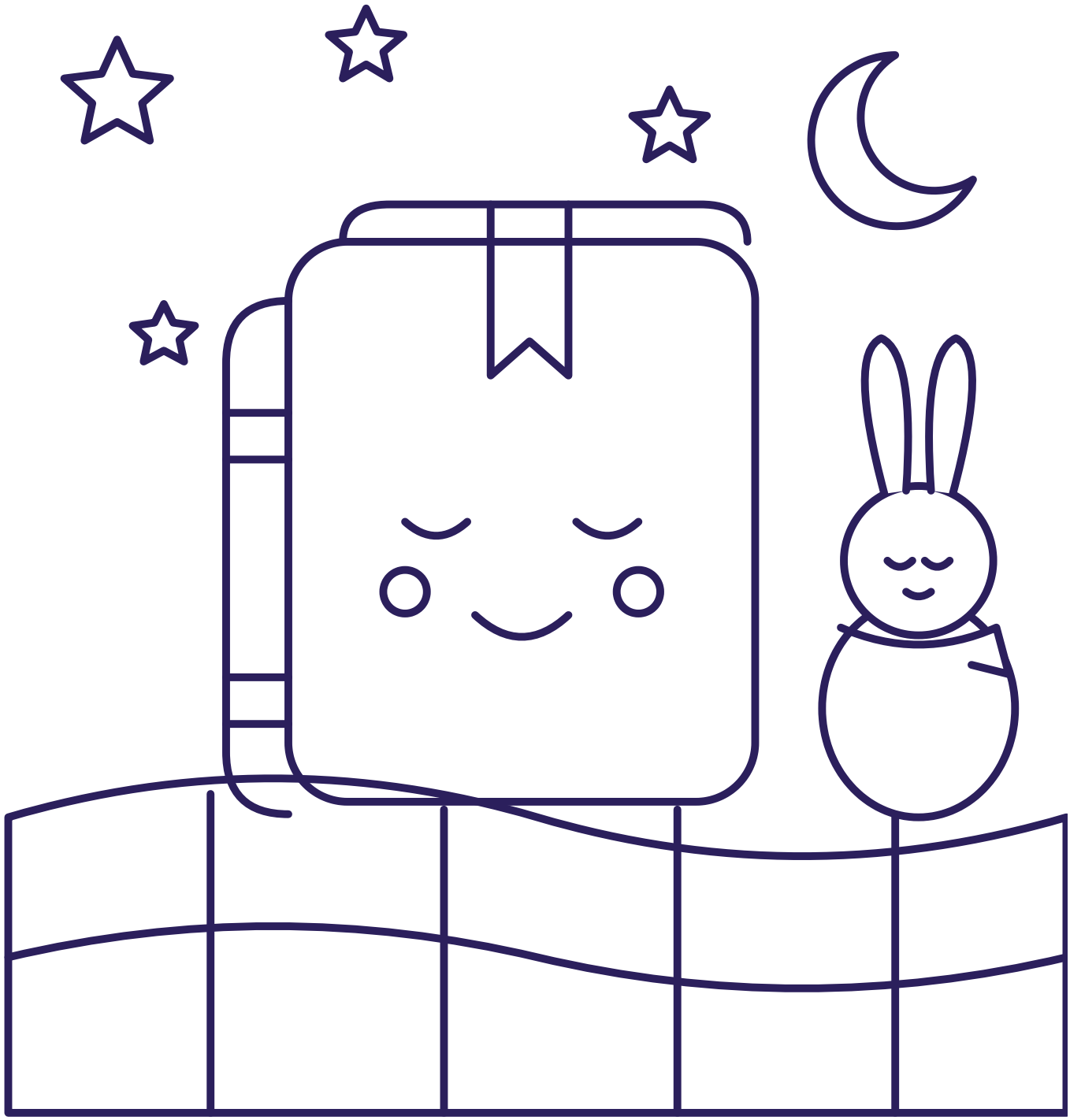
Puppy

1. Put your hand flat, sideways, thumb up for the ear.
2. Your little finger is the mouth.
3. Move it down and up: "Woof! Goodnight!"

Grown-up tip: Shadows are just light that is blocked by something. When kids make shadows themselves, the shapes on the wall become less mysterious.

Color Me In!

The Book is all cozy and ready to sleep. What colors will you choose?



A Note for Grown-Ups

Being afraid of the dark is one of the most common fears of early childhood. It's normal, and it usually fades with time and gentle support.

What helps most

- **Take the fear seriously, kindly.** "You feel scared, and I'm right here" works better than "There's nothing to be afraid of."
- **Keep the routine the same.** Same steps, same order, every night. Predictable feels safe.
- **Give your child a job.** Counting, breathing, or waving goodnight turns a worried child into a busy, brave one.
- **Celebrate small steps.** The 7 Brave Nights chart is about trying, not about never feeling scared.
- **A small night-light is fine.** Brave doesn't have to mean pitch-dark.

When to check in with your pediatrician: if fears suddenly get much worse, last for many weeks, or keep your child from sleeping most nights.



The Book That Was Afraid of the Dark

The funny, interactive picture book where your child helps a scared little Book be brave. Ages 3–5.

Find it on Amazon · Search "Logan Duffield"

Thank you for reading with your little one. Sweet dreams! ★

— Logan Duffield

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