

Draw a Dream Story Cards



Best played as part of a consistent
wind-down routine. Recommended sleep:

3–5 yrs: 10–13 hrs.

6–12 yrs: 9–11 hrs.



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SMALL steps
BIG difference

Instructions from the Moon

Hello, Dream Makers. I'm the Moon.
I've told bedtime stories for years.
Tonight, it's your turn.

Parents, shuffle the cards and
place them face-up. That's where
tonight's story begins.

Take turns drawing cards and
adding to the story together, with your
child sharing what happens next.

Bonus: Flip the card over for a bedtime
conversation starter to enjoy together.

Cut, fold, and glue each card to make it double-sided.



Just like the warm
glow of a lantern,
what makes you
feel warm and
cosy at home?



**A sleepy bunny
with a lantern**



If you could change
the shape of clouds,
what would you make
them look like? Why?



A small cloud



What are the things
that make you
glow with happiness?
Tell me about them.



A star



If this paper boat
could carry a
message,
who would you
send it to and what
would it say?



A paper boat

Cut, fold, and glue each card to make it double-sided.



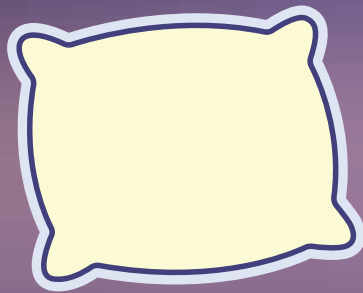
Just like a tiger cub,
what was one brave
thing you did today?



**A tiger cub
in pyjamas**



Imagine the
comfiest place
you'd like to be in.
What would it
look and feel like?



**The biggest,
softest pillow
in the world**



Tell me about a time
you felt safe and cosy.
What made you
feel that way?



**A blanket knitted
from clouds**



If you could take
a trip to the moon,
what five things
would you bring
with you? Why?



**A nightlight shaped
like the crescent moon**

Cut, fold, and glue each card to make it double-sided.



Imagine lying in
this hammock
among the stars.
What would you
see and hear?



**A hammock strung
between two stars**



If you had to
write a lullaby,
what would
you call it?
What would it
be about?



**A music box
singing lullabies**



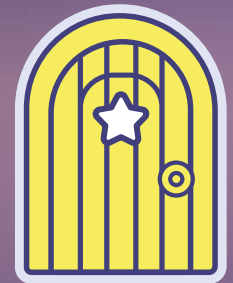
If this key could
unlock anything,
what would
you unlock?
What would you
hope to find?



A magic key



Imagine a secret door
opened just for you.
What do you think
would be behind it?

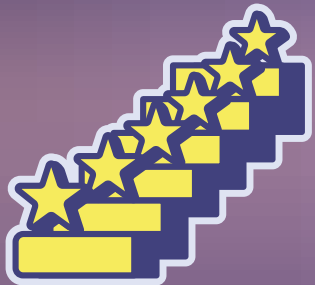


A secret door

Cut, fold, and glue each card to make it double-sided.



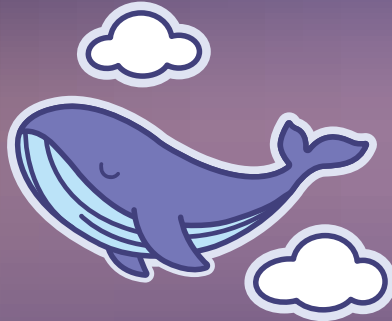
What is one small win
you had today that
made you feel proud?



A staircase of stars



If you could
give this whale
superpowers,
what would they be
and why?



A flying whale



Who helped brighten
your day today,
like a lighthouse
shining in the dark?
What did they do?



A lighthouse



Imagine a musical
garden that comes
alive at night.
Which sound
would you find
most soothing?



A musical garden

Cut, fold, and glue each card to make it double-sided.



If you could keep
anything in a
bottle to use later,
what would you
put inside? Why?



A bottle of yawns



If you could
send one thought
down the river, what
would it be?



**A river of
warm milk**



Tell me about
one of your
favourite dreams.
What happened in it?



**A telescope
that looks
into dreams**

Get creative and make your own cards!

