

## Bedtime Little Mouse

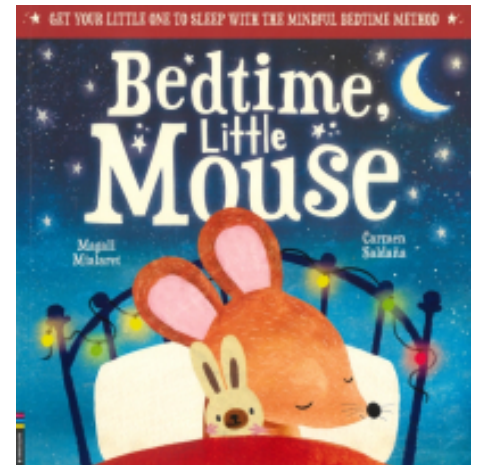
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Little Mouse lives in a beautiful woodland, where she plays happily all day long. But, after one hot day, a storm gathers overhead. Little Mouse and her friends have to rush home to take shelter from the booming thunder, flashing lightning and pouring rain.

When she tries to get to sleep that night, Little Mouse can't help but dwell on the scary storm raging outside. Luckily, Big Mouse is on hand to soothe her into a gentle sleep, using guided breathing, gentle meditation and reflection on all of the good things that happened during the day.

Bedtime, Little Mouse is part lyrical bedtime picture story and part how-to guide for parents wanting to lull their own little ones into sleep.



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