

Sweet Dream Pillowcases

By Elizabeth Hammond



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Transform ordinary pillowcases into special ones that can help children transition from busy day to restful night.

For
Young Family

Season
Winter

Needed

Plain white or pastel pillowcases, fabric markers or fabric crayons, large sheets or a roll of white paper or tissue paper, scissors

Prepare in Advance

Lay pillowcases on a tabletop. Cut a piece of white paper or tissue paper to slip inside the pillowcase.

Activity Plan

1. Say this prayer aloud to begin.

Dear God, please be with us as we decorate our pillowcases. Help us remember that your Spirit always guides our hands. Amen.

2. Talk about what things you might think about to help you feel calm before going to bed. What pictures might help you feel relaxed and safe? (For example: flowers, hearts, clouds, rainbows, pets, favorite foods, Jesus, family members.)
3. Use the fabric markers or crayons to color and decorate the pillowcases with some of the things you talked about. (Be sure to follow the instructions on the package.) You may want to add words or phrases to the artwork, such as "God bless you," "Jesus loves you," or "Sleep well."
4. Place each finished pillowcase on a bed pillow. Use these pillows as part of your bedtime routine, perhaps holding them during bedtime prayers.
5. Try to use the same prayer each night with young children as part of their bedtime routine. If your family does not have a favorite bedtime prayer, perhaps one of the following prayers could become your favorite:

Peaceful God, be with us as we get ready to rest from our busy day. Watch over us during the night and help us sleep well. Amen.



*O God, I thank you for the night,
And for the pleasant morning light;
For rest and food and loving care,
And all that makes the day so fair. Amen.*

*Jesus, tender Shepherd, hear me:
Bless your little child tonight.
While I'm sleeping stay close by me,
Keep me safe till morning light. Amen.*

*Now I lay me down to sleep;
I pray the Lord my soul to keep.
Guide me safely through the night,
And wake me with the morning light. Amen.*

*Thank you for the food we eat.
Thank you for the world so sweet.
Thank you for the birds that sing.
Thank you, God, for everything.
God bless (name family members, friends, others). Amen.*

