Luna and the Sleepy Sheep: A Guide to Calm Nights

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Luna snuggled in her bed, but her mind was buzzing like a beehive! Thoughts of tomorrow's games and yesterday's stories swirled around and around, keeping her wide awake.

Suddenly, a fluffy sheep wearing a tiny nightcap popped its head over her bedside table. 'Can't sleep, Luna?' it whispered. 'I'm Baa-bara, and I'm here to help!'

Baa-bara suggested they count happy things instead of worries. Luna closed her eyes and pictured her favorite swing set, giggling with her best friend.

Next, Baa-bara guided Luna to imagine a peaceful meadow. Soft grass tickled her toes, and gentle breezes rustled through the leaves.
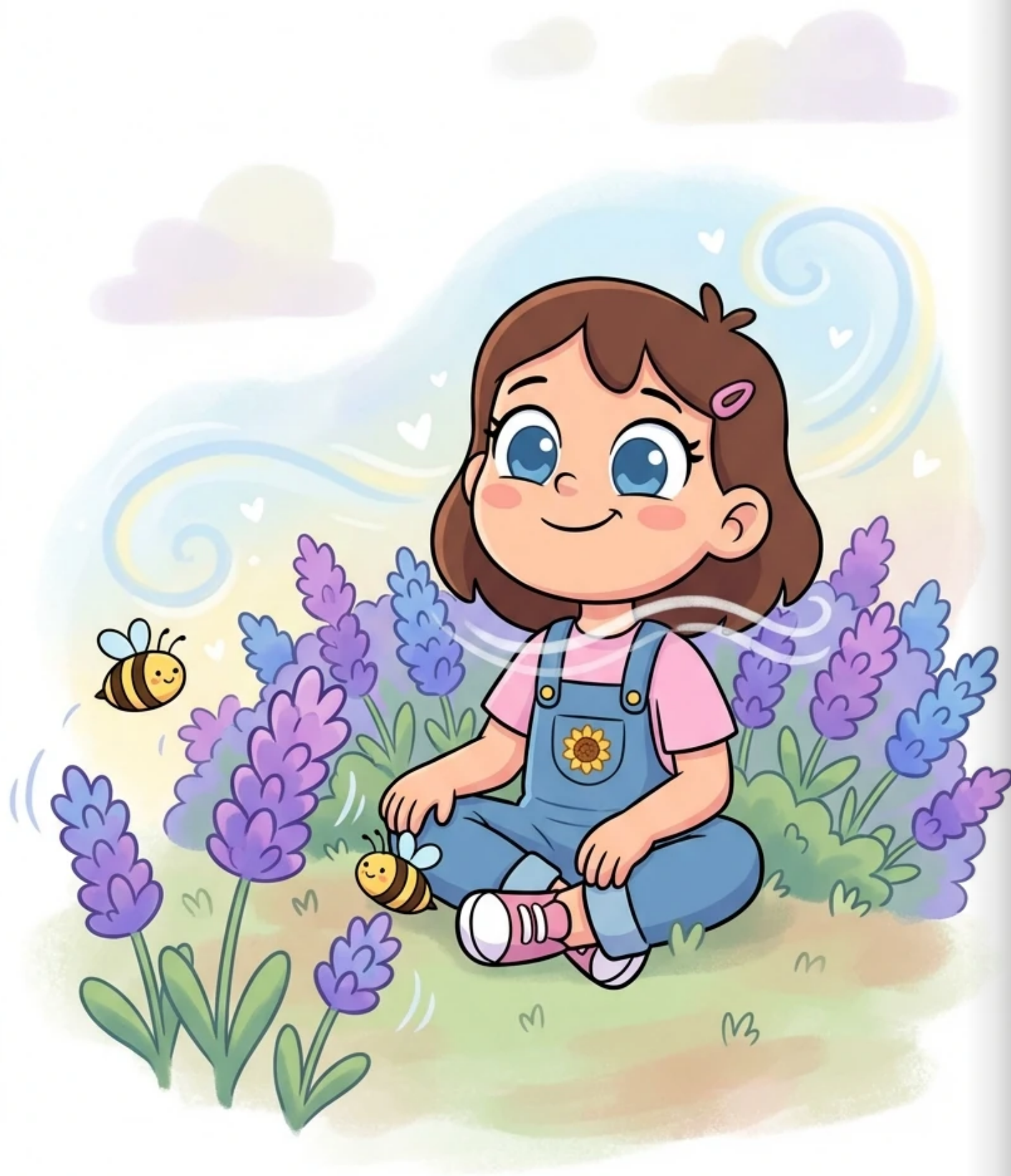
They practiced taking deep breaths, pretending to smell a field of sweet lavender. Luna felt her shoulders relax and her heart slow down.

Baa-bara then showed Luna how to create a 'worry box' in her mind. She imagined putting all her swirling thoughts inside, safe and sound, for later.

Luna and Baa-bara hummed a quiet, gentle tune. The melody was soft and calming, like a lullaby sung by the stars.

They stretched like sleepy cats, reaching their paws towards the ceiling and then curling up into cozy balls.

Baa-bara reminded Luna that it's okay to ask for a hug and reassurance from her parents when she feels worried or scared.

Finally, Luna felt her eyelids getting heavy. She thanked Baa-bara for her help, snuggled into her pillow, and drifted off to a peaceful, dream-filled sleep, surrounded by happy sheep.