Sherlock’s Bedtime Clues

A little rhyme for winding down together

Wiggle. Soften. Breathe. Rest.



Wiggly, jiggly, squiggly toes,
Here’s a clue that Sherlock knows:
“When your body’s full of zoom,
Give those wiggles just some room.”

Wiggle fingers, wiggle toes,
Wiggle shoulders, wiggle nose.
Now those wiggles get to rest.
Find the spot that feels the best.

Give your hands a gentle squeeze.
Let them soften, let them ease.
Let your shoulders settle low.
Feel your fingers letting go.

Smell a flower, nice and slow.
Cool your soup - a gentle blow.
Let your breathing come and go.
Nothing to hurry. Take it slow.

Feel your pillow, feel your bed.
Find a place to rest your head.
Hands can soften, shoulders too.
Let the bed help carry you.

No need to make
Sleep appear.
Your only job
Is resting here.



Read together: Keep movements gentle and breathing easy. Joining in is optional. Pause between actions; skip anything uncomfortable. See the grown-up note on page 2.

A NOTE FOR GROWN-UPS

Make room for rest

A playful invitation, with space for your child to choose.

Try it together

Read the rhyme slowly in a comfortable resting place. Pause after the wiggles, give a brief gentle hand squeeze, then allow a longer pause to release. Let your voice become quieter as you move toward the ending. No need to repeat the active opening once your child is settling.

Follow your child’s lead

Your child can move, imagine moving, or simply listen, with eyes open or closed. Use a light squeeze, not maximum effort; skip squeezing if it hurts or feels unpleasant. The flower and soup are imaginary cues for an easy breath in and out. No breath-holding, forced nasal breathing, or big repeated breaths. Return to ordinary breathing if the cue feels uncomfortable.

There is no right way to feel

A child does not have to become still, feel sleepy, or finish the rhyme. If the wiggles make things livelier, start with “Give your hands a gentle squeeze,” or go straight to the resting lines. If a worry needs attention, pause and listen. “Your only job” means permission to rest, not a rule to get right.

The idea behind the rhyme

The squeeze-and-release verse borrows from progressive muscle relaxation: noticing muscle tension and then releasing it. Pediatric guidance includes this technique among relaxation tools [1, 2]. This short hand exercise is an introduction, not a full muscle-relaxation program. The rhyme and flower-and-soup imagery are creative adaptations; this particular resource has not been clinically tested.

This is family education, not individualized treatment. If sleep difficulties persist or affect daytime life, discuss them with your child’s healthcare professional.

Sources and scope

1. Oxford Health CAMHS: Progressive muscle relaxation.

2. Great Ormond Street Hospital: Relaxation exercises, p. 8.

These sources support the underlying relaxation approaches; they do not endorse or validate this rhyme. Based on Brooke and Watson’s family routine. Words by Brooke Quinn, developed with Watson’s feedback.