

Lily's World

# 5 Gentle Questions Before Sleep

One little question before sleep.

Some feelings are easy to talk about.  
Some need a little more time.

Before you say goodnight, choose just one question.  
There are no right answers.  
You can talk, listen, cuddle, or simply be together.

1

What made you smile today?



2

Was there a moment  
when you needed a little help?



3

What feeling  
visited you today?



4

What would you like to leave  
behind before you sleep?



5

Where did you find  
a little light today?



You don't have to answer.  
We can just be together.

One gentle question  
at a time. ♥

