

Snore Like a Bear

Can you be a drowsy meerkat, a weary walrus, or a snoozing koala? Help your little one drift off to sleep with these gentle guided meditations perfect for tired toddlers.

First Edition

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Illustrations © Nicole LaRue

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By Nicole LaRue

When the sky begins to darken
and the moon glows bright,
quiet your restless body
and let your mind take flight.



You're a sleeping octopus,
changing colors as you slumber.

Blue, red, orange, pink—
you're a kaleidoscopic wonder!



Pretend you're a koala
tucked in a nook up high,
sleeping soundly in a tree
while the world goes by.



You're a whiskery walrus,
snoozing on the ice.

It's a chilly bed but
to a walrus it feels nice!

