

12 BEDTIME GAMES to Try Tonight

1
Whisper
Countdown



2
Goodnight
Zoo



3
Magic
Wand Wish



4
Two-Word
Story



5
Lullaby
Remix



6
Moon
Message



7
Superpower
of the Night



8
Dream
Menu



9
Detective
Pillow



10
Whisper
Karaoke



11
Dream
Vacation




12
Balloon
Breaths





How to Play Games

Feel free to modify as you go. A bedtime timer works great too!

1. **Whisper Countdown** — Count down from 20, each number quieter than the last.
 2. **Goodnight Zoo** — Say goodnight to the things in your room (toys, books, even the lamp).
 3. **Magic Wand Wish** — Grant one playful wish before bed (“May you dream of pizza castles”).
 4. **Two-Word Story** — Build a silly story together with just two words at a time.
 5. **Lullaby Remix** — Sing a song, but switch the style (opera, rap, robot voice).
 6. **Moon Message** — Whisper one secret to the moon before sleep.
 7. **Superpower of the Night** — Everyone names one power they’ll use in dreams.
 8. **Dream Menu** — “Order” your dream dinner for dreamland (taco mountains, spaghetti rivers).
 9. **Detective Pillow** — Hide a small object under the pillow, let kids guess.
 10. **Whisper Karaoke** — Sing one song chorus in a whisper.
 11. **Dream Vacation** — Pick one place in the world you’ll “visit” tonight.
 12. **Balloon Breaths** — Take three deep breaths pretending to blow up a balloon.
- 

1

2

3

4

5

6

7

8

9

10

11

12