



# Activity

**Brightening Lives Activities** are simple ways for groups of people to come together and participate in a hands-on volunteer project. These activities are easy, convenient, fun and are intended to connect volunteers to the needs of their community and local charity and agency partners.

## Night Night, Sleep Tight

### Summary and Goals:

Ask participants to bring a variety of items that make for a good night's sleep for children of all ages. Organise items by age and gender, put everything into decorated pillowcases and give to your local agency partner to provide comfort to children.

### Supplies:

Ask the partner about their current families – how many children, their ages and gender. Collect pyjamas, toothbrushes and toothpaste, slippers, socks, dressing gowns, soft toys and books. Create individualised Night Night, Sleep Tight pillowcases and consider including mums/caregivers in this as well.

### Activity for Children:

Children can use fabric markers or crayons and assist the adults with decorating the pillowcases, or write and decorate labels for the bags.

### Follow-Up Activities for Future Events with the Local Partner:

For those more inclined to volunteer, bring your Night Night, Sleep Tight bags to your local refuge and read books and sing lullabies to the children as they wind down from their day. Check what your local partner and their families need.

The Foundation's purpose is to make a difference to children and families experiencing crisis and disadvantage. We achieve this by creating Bright Spaces® which are indoor and outdoor play spaces located in homeless shelters, domestic violence refuges and refugee centres. We do this in partnership with other agencies to help vulnerable children and families build caring relationships, heal from trauma through play, and access support in a safe, child-friendly environment.

For more information about the Bright Horizons Foundation for Children, visit [www.brighthorizonsfoundationforchildren.org/eu](http://www.brighthorizonsfoundationforchildren.org/eu)

