

Little Mouse and the smelly sleep solution

It had been an exciting week and Little Mouse was really tired but he couldn't seem to get to sleep no matter how hard he tried. He just didn't feel tired at bed-time.

He decided that he would go and visit Twit the very wise owl that knew all sorts of things about all sorts of things!



When he got to the Oak tree where Twit lived, he called out and Twit came out to see what the problem was. He listened very carefully because that is what very wise birds do and then he thought before he answered (which is also what very wise birds do).

Twit explained that Little Mouse was probably still too excited when he went to bed and that he needed to wind down. He suggested that Little Mouse go for a walk every afternoon to make sure that he had enough exercise and fresh air. Twit then picked some purple flowers and gave them to Little Mouse. They were lavender flowers just like the lavender in the MERL garden.

Little Mouse smelled them; they smelt sweet and he really liked the smell.

Twit told Little Mouse to put some in his warm bath and to put the rest in a cotton pouch under his pillow when he went to sleep that night. Little Mouse agreed and thanked Twit.

Later that evening, he had a nice warm bath with lavender floating in it and he noticed that he felt quite sleepy before he had even got out of the bath. He then got into bed and put what was left under his pillow.

Little Mouse didn't remember anything else as he fell straight to sleep and had wonderful dreams of himself running through lavender with his friends! If you ever have trouble sleeping, you could try going for a long walk and then having a warm lavender bath with lavender in it followed by a lovely lavender pouch under your pillow to help you!



Do you have any lavender in your garden?
Do you have any sweet-smelling flowers in your garden?
Do you think that you could make a lovely smelly soup with leaves from your garden?