



# Look Up At Bedtime

5 Minute Activities and Stories to Share the Wonder of the Universe



Mark Westmoquette  
Illustrated by Kiki Kita

## *The Worry Tiger meets Rewild the World at Bedtime*

The perfect bedtime routine for families, this mindfulness book for kids features 20 5-minute calming stories and activities that open young readers' eyes to the awesomeness of the universe. This includes:

- ☆ Mindful activities to connect to nature
- ☆ Constellation myths to read before bed
- ☆ Soothing exercises to aid socio-emotional learning
- ☆ Awe-inspiring reflections about the universe

**MARK WESTMOQUETTE** has a PhD in astrophysics and is also an ordained Zen monk and a yoga and mindfulness teacher. This is Mark's debut children's book, inspired by trying to describe the wonder of the universe to his own son. **He is based in London, UK.**

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## SENDING WISHES OF KINDNESS

Can you think of someone you love who is far away? Do you miss them? Here's a way of feeling closer to your person:

Look out of your window at whatever is in the sky right now. If the sun is shining, think of this: it is (or has been) shining on your person too. If the moon is up, it will be shining on them in their nighttime too. You can call your person on the phone, then look up at the sky and ask them to do the same. Share your experience of gazing at the sky together.

Looking up at the moon can bring us closer, not just to people we love, but to people all across the world - both people we know and people we don't know. There are 8 billion people on this planet, and roughly half of them are in sunshine and half of them in darkness at any one time. At night, when you look up at the moon, there is a strong chance that some of the people who are in darkness are also looking up at the moon at that moment.

As you share that experience with all these people, how would it feel to send out wishes of kindness to them - whoever and wherever they are? What would you wish for them? Would you wish them to feel safe, or loved, or perhaps feel at peace? Think of a kind wish and send it out on a beam of moonlight.



## THE HARE IN THE MOON

The dark patches on the moon are called "mare" (pronounced MAR-ay), which is Latin for seas. In the ancient past, they were "seas" of molten lava rock which have now solidified. The lighter patches on the moon are the mountains between the seas.

We only ever see one side of the moon - the side always facing Earth, or the "near side." Sometimes it's a big round creamy-white ball, that's the full moon. Sometimes it's shaped more like a banana; that's the crescent moon. And sometimes it's almost completely dark; that's the new moon. The moon doesn't give off its own light - it reflects sunlight, and it looks creamy-white because that's the colour of moon rock.



Have you ever heard people say that there's a man in the moon, that there is a face on its surface? Have you ever seen him? Look up - can you spot the moon? See if you can notice it has two dark eyes, a nose and an open mouth. What do you think he might be saying?

Not everyone, though, sees a face in the moon. In some Asian cultures, people see a curled-up rabbit or hare with two big ears. This is a story from the Buddhist tradition:



The ideal bedtime  
read for the whole  
family.