



The Old Oak Tree

Mindfulness, Sleep

This bedtime story aims to connect the life of the forest with the lives of humans. An old oak tree provides protection and a peaceful place for forest creatures to rest, serving as a cosy home for many animals. The tale evokes a friendly atmosphere and a sense of security and safety,...



🕒 5 min

😊 3+

An extremely old oak tree stands strong and tall in a dense, **dark forest**. No one knows exactly how long it has been there, but it has already outlived many human generations.

This big tree has a massive crown, which collects much of the rain that falls on its large leaves, making it a perfect shelter for certain **plants and animals**. Its branches resemble wide-open arms, and indeed those branches lovingly support many forest creatures.

Recently a family of doves came to settle in the bushy crown of the tree. Their beautiful singing has added to the lovely atmosphere — they live in perfect harmony with **the old oak**. Their songs let everyone know that this is a safe haven, a place of peace and quiet.

For the baby doves, it's a real oasis. There they can comfortably snuggle-up in their soft nest and close their eyes to re-energise. They can enjoy sweet dreams about one day finally being able to spread their wings and fly into the sky — high above the clouds, on an adventurous journey to where the land ends and the sea begins, to where the waves slowly crash **against the cliffs...** Ahh.

Meanwhile, two young bear cubs have wandered over to the old oak tree. Their mum lost sight of them for a moment. The mighty oak quietly looks-on while the clumsy cubs chomp on fresh raspberries without a care in the world.

The delicate scent of those berries slowly rises into the air and drifts among the leaves... The old oak breathes-in their sweet aroma. Its leaves gently rustle as the tree sighs a happy, **silent sigh**. A gentle breeze strokes the crown of the old oak, causing it to sway from side to side like a boat on the

high seas. Every creature in the tree contentedly sways along with it.

Two little squirrels have found shelter **here, too**. They jump from tree to tree all day long, looking for snacks, chasing each other, and discovering new magical places in the forest. But after spending a full day out and about, they return to the safe caress of the old oak, calmly settling in the hollow of the tree trunk, listening to the crickets singing their lullabies **in the distance**. They cosy-up together in a squirrel-bed lined with soft grasses. After yawning for one last time, they sink into colourful dreams in which they're playing on the branches and jumping from one to the other.

As it gradually becomes dark, the bear cubs continue cuddling their mum for a while. They're feeling warm and safe, preparing to delight in oodles of wonderful dreams. A heavy rain soon begins to fall, soothing each of the forest animals and helping them glide into **a deep sleep**.

All the creatures of the forest, large and small, are now fast asleep. They'll be waking up bright and early the next morning feeling well rested and full of energy. The old oak tree is still standing tall, pleased to be able to provide yet another day of shelter for the forest animals.

Now that everybody is tucked-in and dreaming, the oak tree itself is feeling rather sleepy. With a deep sigh, it rustles its leaves and whispers into the night air: "Good night one and all. **Sweet dreams.**"