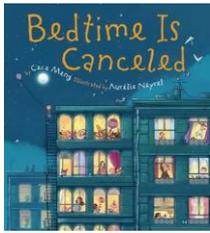
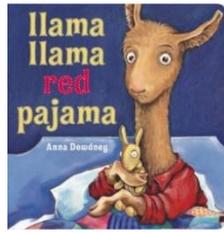


# Storytime Sleep Kit Contains

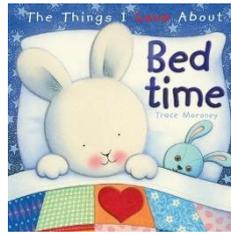
## Books



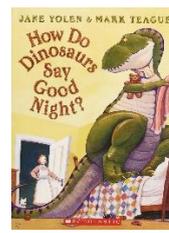
Bedtime is Canceled by Cece Meng



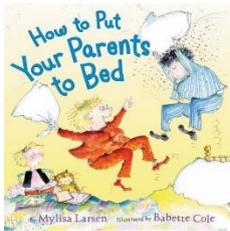
Llama Llama Red Pajama by Anna Dewdney



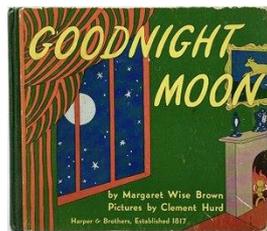
The Things I Love About Bedtime by Trace Moroney



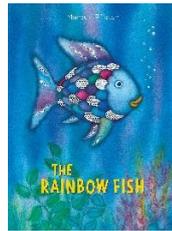
How Do Dinosaurs Say Goodnight? by Jane Yolen & Mark Teague



How to Put Your Parents to Bed by Mylisa Larsen



Goodnight Moon by Margaret Wise Brown



The Rainbow Fish by Marcus Pfister

## Songs and Rhymes

Dingle, Dangle Scarecrow  
 Five Little Monkeys  
 Hey Diddle Diddle  
 Rock a Bye Your Bear  
 Row, Row Your Boat  
 Six Teddy Bears  
 Sleeping Bunnies  
 Star Light, Star Bright  
 Teddy Bear Song  
 Twinkle Twinkle Little Star  
 Wee Willie Winkie  
 You Are My Sunshine

## Activities



# Songs and Rhymes

## DINGLE, DANGLE SCARECROW

When all the cows were sleeping,  
and the sun had gone to bed.

Up jumped the scarecrow,  
and this is what he said:

I'm a dingle, dangle scarecrow,  
with a flippy, floppy hat.

I can shake my hands like this,  
and I can shake my feet like that.

When all the hens were roosting,  
and the moon behind a cloud.

Up jumped the scarecrow,  
and shouted very loud:

I'm a dingle, dangle scarecrow,  
with a flippy, floppy hat.

I can shake my hands like this,  
and I can shake my feet like that.

## FIVE LITTLE MONKEYS

Five little monkeys, jumping on the bed.

One fell off and bumped their head.

Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"

Four little monkeys, jumping on the bed.

One fell off and bumped their head.

Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"

Three little monkeys, jumping on the bed.

One fell off and bumped their head.

Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"

Two little monkeys, jumping on the bed.

One fell off and bumped their head.

Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"

One little monkey, jumping on the bed.

They fell off and bumped their head.

Mama called the doctor and the doctor said,  
"Put those monkeys right to bed!"

### **HEY DIDDLE, DIDDLE**

Hey diddle, diddle, the cat and the fiddle,  
the cow jumped over the moon.

The little dog laughed to see such fun,  
and the dish ran away with the spoon!

### **ROCK A BYE YOUR BEAR**

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),  
and then you turn around (turn).

Hands in the air (hands up),  
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),  
shh shh shh.

Bear's now asleep (sleep motion),  
shh shh shh.

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),  
and then you turn around (turn).

Hands in the air (hands up),  
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),  
shh shh shh.

Bear's now asleep (sleep motion),  
shh shh shh.

*Reference song: <https://www.youtube.com/watch?v=QMte8BFCqfY>*

### **ROW, ROW, ROW YOUR BOAT**

Row, row, row your boat,  
gentle down the stream.

Merrily, merrily, merrily, merrily,  
life is but a dream!

### **SIX TEDDY BEARS**

Six teddy bears, asleep in the bed.

Six teddy bears with sleepy heads.

One teddy bear fell out of bed.

How many teddy bears were there?

Five teddy bears, asleep in the bed.

Five teddy bears with sleepy heads.

One teddy bear fell out of bed.

How many teddy bears were there?

Four teddy bears, asleep in the bed.  
Four teddy bears with sleepy heads.  
One teddy bear fell out of bed.  
How many teddy bears were there?

Three teddy bears, asleep in the bed.  
Three teddy bears with sleepy heads.  
One teddy bear fell out of bed.  
How many teddy bears were there?

Two teddy bears, asleep in the bed.  
Two teddy bears with sleepy heads.  
One teddy bear fell out of bed.  
How many teddy bears were there?

One teddy bear, asleep in the bed.  
One teddy bear with a sleepy head.  
One teddy bear fell out of bed.  
No more teddy bears in the bed!

### **SLEEPING BUNNIES**

See the little bunnies, sleeping til it's noon.  
Can we wake them with a merry tune?  
Oh how still, are they ill?  
Shhhhhhhh.  
Wake up, wake up, wake up sleeping bunnies.  
Wake up, wake up, wake up sleeping bunnies.  
Hop little bunnies,  
hop, hop, hop.  
Stop little bunnies,  
stop, stop, stop.

### **STAR LIGHT, STAR BRIGHT**

Star light, star bright.  
The first star I see tonight.  
I wish I may, I wish I might,  
Have the wish I wish tonight.

### **TEDDY BEAR SONG\***

*\*could use teddy bear puppets made during the session when singing*

Teddy bear, teddy bear, turn around.  
Teddy bear, teddy bear, touch the ground.  
Teddy bear, teddy bear, reach up high.  
Teddy bear, teddy bear, touch the sky.  
Teddy bear, teddy bear, bend down low.  
Teddy bear, teddy bear, touch your toe.

Teddy bear, teddy bear, turn around.  
Teddy bear, teddy bear, touch the ground.  
Teddy bear, teddy bear, brush your hair.  
Teddy bear, teddy bear, turn off the light.  
Teddy bear, teddy bear, say goodnight.

### **TWINKLE, TWINKLE LITTLE STAR**

Twinkle, twinkle little star,  
how I wonder what you are!  
Up above the world so high,  
like a diamond in the sky.  
Twinkle, twinkle little star,  
how I wonder what you are!

### **WEE WILLIE WINKIE**

Wee Willie Winkie runs through the town.  
Upstairs and downstairs, in his nightgown.  
Rapping at the window, crying through the lock,  
"Are the children in bed yet?  
Now it's eight o'clock!"

### **YOU ARE MY SUNSHINE**

The other night, dear,  
as I lay sleeping,  
I dreamed I held you,  
in my arms.  
When I awoke, dear,  
I was mistaken,  
so I hung my head and I cried.

You are my sunshine,  
my only sunshine.  
You make me happy,  
when skies are gray.  
You'll never know dear,  
how much I love you.  
Please don't take my sunshine away.

I'll always love you,  
and make you happy.  
And nothing else could come between.  
But if you leave me to allow another,  
you'll have shattered all of my dreams.

You are my sunshine,  
my only sunshine.  
You make me happy,

when skies are gray.  
You'll never know dear,  
how much I love you.  
Please don't take my sunshine away.

# Activities

## **BEDTIME HIGH 5**

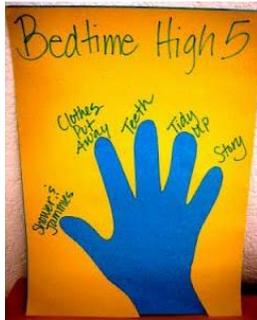
### *Materials:*

- Coloured paper – A3 and/or A4
- Textas/pencils
- Scissors
- Glue

### *Method:*

1. Trace child's hand on piece of A4 coloured paper.
2. Cut out hand shape.
3. Glue hand shape onto the bottom half of a piece of coloured A3 paper.
4. Use textas or pencils to write 'Bedtime High 5' on top half of A3 paper.
5. On each finger/above each finger, write down 5 important things to do before going to sleep each night.

### *Example:*



## **WHERE'S TIM'S TED?**

### *Materials:*

- Envelopes with items from a bedroom inside
- Teddy bear
- Picture of teddy bear
- Bear prints

### *Method:*

1. Show the picture of the teddy bear and explain that Tim has lost his Ted and needs help to find him!
2. Get the children into a circle and hand each an envelope.
3. Sing the chant - "Tim's Ted, Tim's Ted, where is he? Have you got Tim's Ted?"
4. Point to a child and ask them what they are hiding in their envelope.
5. Once revealed, repeat steps 2 and 3 until you have found Tim's Ted.
6. But if no one was hiding Tim's Ted in their envelope, maybe they need to find some bear prints that could lead them to Tim's Ted?

## **BROWN BEARS**

### *Materials:*

- Cardboard rolls
- Teddy bear face (precut)
- Wool – multicolour or different colours
- Light brown paper and dark brown paper
- Black textas
- Scissors
- Glue
- Tape

### *Method:*

1. Cut a large circle from the dark brown paper.
2. Using the light brown paper, cut a circle for the nose. Cut another circle for the ears; cut this circle in half.
3. Glue the nose and ears onto the face.
4. Use the textas to draw ears, eyes and nose.
5. Cut 2 long ovals from the dark paper. Draw 3 lines on each end of the oval.
6. Glue the face to the centre of 1 of the ovals. Leave the paws to the side.
7. Take the cardboard roll and make a small snip in the top and bottom of the roll. Make sure snips are on the same side.
8. Insert an end of yarn into the top snip. Wrap the yarn around the roll until you have the desired coverage. Finish wrapping by inserting the other end of the yarn into the snip at the bottom of the roll. Use tape to secure the ends of the yarn.
9. Make 2 snips on the side of the roll, at the top. Sit the bear's paws inside these snips.
10. Stick the second set of paws to the back of the roll.

### *Example:*



## **POP UP TED IN BED**

### *Materials:*

- Paper plates (2 per child)
- Popsicle sticks (2 per child)
- Textas/pencils
- Googly eyes
- Pink or brown paper
- Black texta
- Glue
- Scissors

### *Method:*

1. Cut one of the paper plates in half. As this will be the bear's blanket, it will need to be decorated!
2. Turn the blanket plate over. Apply glue to the edge of the plate and stick the blanket onto a full paper plate, ensuring that the edges line up. Make sure to leave a gap at the bottom of the plates, as this is where your popsicle stick will go.
3. Cut out a bear shape from the brown paper. You will need a head and shoulders only.
4. Cut out the inner ears and nose from pink paper; stick to your bear. Glue on 2 googly eyes. Use a black texta to draw the mouth and arms.
5. Glue 2 popsicle sticks end to end. Glue your bear centrally onto one end of the popsicle sticks.
6. Thread your popsicle stick down inside the quilt and through the hole that you left in your paper plate.
7. If your popsicle stick is catching on the plate, make a small slit in the back of your plate, just where the popsicle stick will sit.

### *Example:*



## **SLEEPING OWL**

### *Materials:*

- Owl template
- White cardboard
- Pencils/textas
- Scissors
- Coloured paper – especially 2 shades of brown
- Glue or tape
- Glitter, stickers, gems (optional)

### *Method:*

1. Colour the owl template.
2. Cut out the owl.
3. Cut 2 long strips from a piece of dark brown paper.
4. Cut a rectangle from a piece of lighter brown paper.
5. Attach the dark strips to the lighter rectangle – 1 strip at the bottom of the rectangle and 1 strip at the top of the rectangle. This is your owl's bed!
6. Using your choice of coloured paper, cut out a pillow and blanket for your owl.
7. Glue the pillow to the bed. Glue the owl into bed. Glue the blanket on top.

### *Example:*

