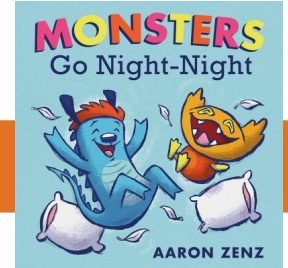
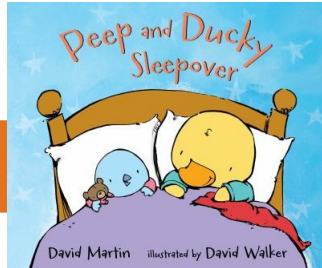


TAKE-HOME FUN!

Early Literacy Tips, Activities & More



tales' tip

Children do well when things are predictable. Create a fun and comforting bedtime routine (such as reading together) to make bedtime easier.

—*Mind in the Making: Prescriptions for Learning* by Ellen Galinsky

activity

Have a stuffed animal slumber party! Help your child assemble a group of “party guests” and get them ready for bed. Open ended, imaginative play like this allows children to role play real-life situations, and this game helps reinforce the steps involved in getting ready for bed.

Go for a pajama walk! Light exercise and fresh air before bed can help children settle down for sleep. This family activity creates an ideal time to talk about the highs and lows of the day.

digital fun

Sleep Meditation for Kids

Listening to a guided meditation together is a great way to unwind before bed! Many such meditations can be found for free on YouTube (like the link above) or through apps.

READ

Goodnight, Mr. Panda

by Steve Antony

Good Night Yoga

by Mariam Gates

Goodnight Everyone

by Chris Haughton

Goodnight Already!

by Jory John & Benji Davies

PLAY

Use a flashlight to read books at bedtime, then create shadow puppets to re-tell the tale!



SING

Time for Bed

Time for bed, time for bed
Fluff up the pillow,
Lay down your head.
Pull up the blanket,
Tuck in tight.
Close your eyes
And sleep all night

Before I Go to Bed

Tune: Wheels on the Bus
Before I go to bed I take a bath
Take a bath, take a bath
Before I go to bed I take a bath
Splash, splash, splash
Other verses:
Brush my teeth / Brush, brush, brush
Read a book / Once upon a time
Turn out the light / Click, click, click

Bear is Sleeping

Tune: Frere Jacques, call and response
Bear is sleeping, bear is sleeping
Wake her up, wake her up
Come and say hello bear
Come and say hello bear
Time to read, time to read

TALK

Talk with your child about how to know it's time for bed. What are the signs they're getting sleepy? How do they feel when they don't get enough rest? How do they feel when they do?

WRITE

Help your child write or draw a checklist of their bedtime routine. Try writing your own checklist to show that grown ups have bedtime routines, too!

