

STORYTIME @ HOME GUIDES

SWEET DREAMS

Fingerplays and Songs

[Five Bears in the Bed Rhyme](#) from Miss Mary Liberry

Five bears in the bed (hold up five fingers) and the little one said, "I'm crowded. Roll over (roll hands)."

So they all rolled over and one (hold up one finger) fell out.

Four bears in the bed (hold up four fingers)...

Three bears in the bed (hold up three fingers)...

Two bears in the bed (hold up two fingers)...

One bear in the bed (hold up one finger) and the little one said, "I'm lonely! Come back! (count on fingers 1,2,3,4,5)."

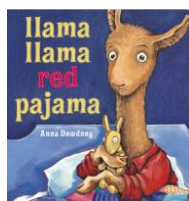


Read Aloud Stories

As you enjoy these read aloud stories with your child, ask them open-ended questions about the stories. Open-ended questions help children to think more deeply about the world around them.



[Goodnight Already!](#) by Jory John
Bear has never been so tired, but duck won't let him sleep! In this funny story, bear gets very frustrated with duck. Do you sometimes get frustrated? What would you have said to duck to get him to go home? What do you think bear should do at the end of the story?



[Llama Llama Red Pajama](#) by Anna Dewdney
At bedtime, a little llama misses his mama. Why do you think little llama keeps calling for his mama? What are some things little llama could do while he's waiting? What do you when you miss someone?



[Goodnight, Goodnight, Construction Site](#) by Sherri Rinker
When their work is done for the day, construction vehicles go to sleep. Which of the construction machines is your favorite? Why? Have you ever seen a big machine before? Tell someone at home all about it!

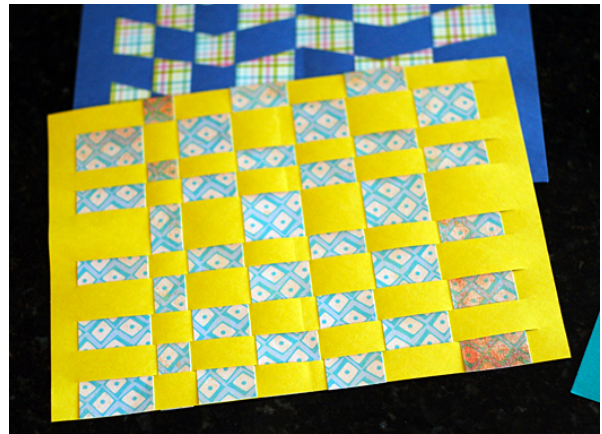
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Fun Activities To Try At Home!

Young children love predictable routines! Consistent routines help young children feel safe because they know what will happen next. Routines can also help children develop self-control as they wait for the next step in the routine.

Bedtime is an ideal time to set a routine with your young child. Talk with your child about what steps should be included in your family's bedtime routine. Draw and write the steps together on pieces of paper. Help your child put the steps in order. Each night while you follow the routine, ask your child, "What do we do next?"

You can make your own routine cards or use these [Bedtime with Elmo](http://pbskids.org) cards from pbskids.org.



Make a quilt for your favorite stuffed animal or toy using paper-weaving. Try this fun and easy one from makeandtakes.com!

Materials needed -

colored paper
strips of colored or patterned paper
scissors

Fold your paper in half and cut slits starting at the fold. Stop your cuts an inch or two from the edge.

Unfold your paper and begin weaving your strips over and under. Paper weaving is a great workout for little fingers! Alternate starting your strips over or under and keep weaving until you run out of room.

If necessary, trim up the edges and you're done!

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