



Inclusive Storytime: Sleep

Our Books

Is Everyone Ready for Fun? By Jan Thomas ...*great book for moving from high to low energy*
I Will Take A Nap by Mo Willems ...*hilarious and very still story with easy to see visuals and text*
The Very Sleepy Bear by Nick Bland... *great rhyming story with easy to guess next lines*
Sleep Bird by Jeramy Tankard ... *simple illustrations and a repetitive story*
Piggies by Don Wood....*beautiful illustrations that come with a finger play to do while you read*

Songs and Rhymes

Teddy Bear, Teddy Bear

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 toes,
Teddy bear, teddy bear, go to bed,
Teddy bear, teddy bear, rest your head,
Teddy bear, teddy bear, turn out the lights,
Teddy bear, teddy bear, say "good night"

Rock A Bye Baby

Rock a-bye, baby,
On the tree top,
When the wind blows,
The cradle will rock.
When the bow breaks,
The baby will fall,
Down will come baby,
Cradle and all!

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



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Activity:

Sleeping Bunnies:

Lay down on the floor and pretend to be asleep. Sing this song:

See the sleeping bunnies, sleeping all day long
Come let us wake them with this marry song
Oh so still, are they ill?

Then jump up quickly, clap your hands and sing:

Wake up sleeping bunnies, hop, hop, hop
Wake up sleeping bunnies, hop, hop, hop
Wake up sleeping bunnies hop, hop and stop

Repeat with different animals

Sensory Toy:



Mini lollipop magic in a twist

Twist the stainless steel tube to see the 22 plastic pieces transform from a flat lollipop disc to a burst of colourful petal shapes, and back again. The design is derived from natural plant forms and utilizes mathematical concepts such as the Fibonacci numbers and the golden ratio

Online Resource:

Check out Freading for a great collection of children's titles!

