

# Welcome to the Happy Talk Bedtime Pack!



Happy Talk is a part of the HSE Speech and  
Language Therapy Service.

Happy Talk seeks to support language, literacy and  
learning skills of young children.

## Welcome to the Happy Talk Bedtime Pack!

This pack contains ideas and activities to play and use at home to help develop early language, literacy and learning skills.

We hope you enjoy these resources, and send photos of your drawings, make and do, and stories to us by email to [aoife.oshea@hse.ie](mailto:aoife.oshea@hse.ie), by text or Whatsapp to 0876440177 or on Facebook (Happy Talk).

We look forward to seeing our regular Happy Talkers again in Cork City! Please note however, we are happy for this resource to be shared far and wide, and hope as many people as possible enjoy it.

All materials used in this pack are either generated by Happy Talk - HSE or are free to download online.

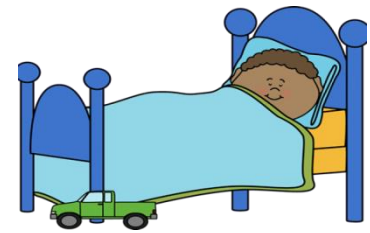
The activities in this pack are intended for children aged approximately 4 - 8 years. However that doesn't mean some of these activities can't be enjoyed by kids of all ages; even grown up kids!

We wish to thank the students and staff of UCC Speech and Language Therapy Dept. for helping to make these packs possible!

## Happy Talk Mindful Moments

Happy Talk Mindful Moments are a chance to take a time out and to settle or energise your brain and body. In these times it is normal to feel a little worried, and so a Happy Talk Mindful Moment is a great way to remain calm. Try this bedtime Mindful Moment with your child to settle your bodies before drifting off to sleep...

### Bedtime Mindful Moment



Lie on your bed, close your eyes and take a moment to take a few deep breaths. One by one, start to **squeeze** and **relax** the muscles in your body. Start with your toes working right up to your head. Help your child to squeeze and relax their muscles by saying:

- Curl your toes tight like you are picking up pencils with your feet (try and hold for 5 seconds)... Drop the pencils and relax.
- Tense your legs by pretending to stand on your tippy-toes... come off your tippy-toes and relax.
- Suck in your tummy like you are trying to squeeze through a tiny space... you're out the other side now... relax.
- Make fists with your hands and pretend you are squeezing all of the juice out of an orange... relax.
- Pretend a bug has landed on your nose. Try to get it off without using your hands. Scrunch your face and move your jaw to make it fly away... He's gone! Relax.

**I'm so relaxed I think I am falling asleep!! Zzzzz!!**

## Bedtime Songs and Rhymes

### Little Boy Blue

Little boy blue, come blow your horn,  
The sheep's in the meadow, the cow's in the corn.  
Where is the little boy, who looks after the sheep?  
He's under the haystack, fast asleep!



### This Is The Way Bedtime Song

(Sing to the tune of Here We Go Round the Mulberry Bush)

This is the way we wash our face,  
Wash our face, wash our face,  
This is the way we wash our face,  
**Are you ready for bed? NO!**



This is the way we put on our pjs...  
**Are you ready for bed? NO!**



This is the way we brush our teeth...  
This is the way we read a story...  
This is the way we say goodnight...



**Now I am ready for bed!**

## Star Light, Star Bright

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



## Dingle Dangle Scarecrow

What do scarecrows do when all of the animals are asleep? This is a great song for practicing your **LOUD** and **SOFT** voices... have a go!

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 great big 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...

When dogs were in the kennels,  
And doves were in the **loft**,  
Up jumped the scarecrow,  
And whispered very **soft**...

I'm a dingle, dangle scarecrow...

(You will find this song on [youtube.com](https://www.youtube.com))



## Dingle Dangle Scarecrow Rhyming Words

Rhyming words are words that sound the same at the end of the word.

Say these words out loud to hear how they rhyme.

Frog, dog and hog rhyme because they have the "og" sound at the end of the words.



Can you spot the rhyming words in "Dingle Dangle Scarecrow"?

(Hint: the colours of the words will help you!)

Bed + _____	Hat + _____
Cloud + _____	Loft + _____


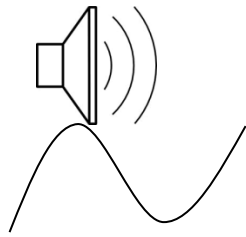

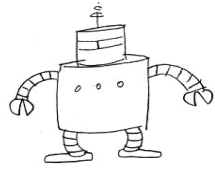


Can you think of any other words that go with the rhyming pairs? See if you can think of silly made up words too!

Bed, s____, f____, l____, d____, h____, sh____, tr____, dr____, g____	Hat, th____, c____, f____, l____, m____, dr____, r____, br____
Cloud, l____, b____, f____, p____, t____, w____, v____, h____	Loft, s____, b____, h____, p____, t____, z____, g____, bl____








# Rhyme Time Voices and Games

Say the rhymes using the following games and activities.

<p>Whisper</p> 	<p>Loud-Soft-Loud</p> 	<p>Laughing</p> 
<p>Robot Voice</p> 	<p>Silly Voice</p> 	<p>Slow Motion</p> 

When it gets a bit easier try these games:

<p>Tap/drum/clap out each beat</p> 	<p>Tap/drum/clap out each word</p> 	<p>Say every second word with your child</p> 
<p>Leave words and see can your child fill the gaps</p> 	<p>Make mistakes and see does your child spot them</p> 	

## Happy Talk Listening Rules

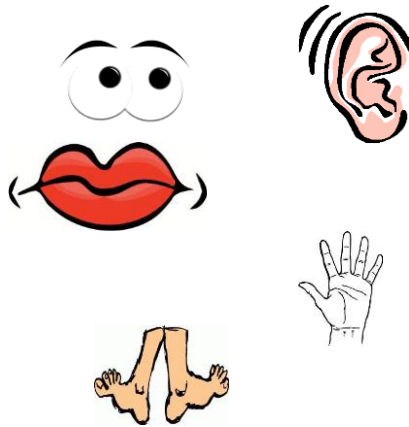
Look with your eyes

Listen with your ears

Mouth is closed

Hands are still

Feet on the ground



## Listening Game: Silly Billy Stories

Pick a story you know well. The Storyteller can tell or read the story aloud. Use your **listening ears** to spot the silly mistakes in the story! Tell the story but change characters, events or even small details! When you hear a mistake say '**Silly Billy!**' and tell the Storyteller the mistake you heard. Try these Silly Billy Stories:



**Goldie Locks and the Three Elephants!**

The Three Little Pigs who build houses out of jelly, lego and shoes!

Hansel and Gretel who got lost in the swimming pool and followed ham sandwiches all the way home!

The Three (Silly) Billy Goats Gruff who tried to ski, and catapult and hop across the bridge!



## Search the Sky Game!

Let's get ready for this game by making some binoculars or a telescope! You will need your binoculars or telescope to play the Search the Sky Game!

You can also use them to play these games:

I spy with my little eye something that sparkles in the sky...

'I Spy'

'I Can See'

'Odd One Out'

I can see a fox, an owl and a car. Which is the odd one out?

I can see a cat...  
I can see a black and white cat...  
I can see a black and white cat with a long tail...  
I can see a black and white cat with a long tail jumping over the wall...



## Search the Sky Game!

Use your binoculars or telescope to look up at the sky. What can you see if you peep through the curtains at night? You might see:



Stars in the sky!

Owls flying by or blinking their eyes!

Street lamps shining brightly!

Cats or foxes going for a walk!

Rubbish bins on the footpath as the bin collectors are coming in the morning!

Planes or helicopters in the sky!

Cars parked in the driveway; everybody's home for the night!

The moon; what shape is it tonight? How bright is it?

### **“I peeped through the curtains and I saw...”**

You need two people for this game. You also need to listen with your ears and do lots of remembering! Take turns and see how many things you can add to the list remembering as you go! Have a look at the kids playing below!

I saw the moon..

I saw the moon AND a cat..



I saw the moon, a cat AND some streetlamps...

I saw the moon, a cat, some streetlamps AND a parked car!



## Early Bird or Night Owl?

Everybody is different from each other. Some people love the morning time and are the first up in their home. Some people prefer to stay up late and are the last to go to sleep in their home. Depending on this we sometimes say we are **Early Birds** or **Night Owls**.

Do you know what these names mean and why they might be used?



**Early Birds** like to get up early in the morning. Some **Early Birds** wake up before the sun does! **Early Birds** love the morning time and feel great at the start of the day.

At the end of the day, **Early Birds** feel tired and are ready for bed. They go to sleep early, ready for the next morning.

People who get up early are called **Early Birds** because most real birds get up really early. Have you ever heard the birds singing outside early in the morning? You might have even spotted them catching worms!

I really think I  
do my best work  
at night...



**Night Owls** love night time. They stay up late and go to bed late. They like late nights and late bedtimes much more than they like the early mornings.

It can be hard for **Night Owls** to get up in the morning and sometimes they press snooze on their alarm clock once, twice or even three times!

They might feel sleepy in the morning but by night they feel wide awake and full of energy.

People who stay up late are called **Night Owls** because real owls sleep during the day but get up when it's dark and hunt for their food.



## Your Turn! Early Birds or Night Owl?


Do you think you are an Early Bird or a Night Owl?

What do you love about the early morning or the late night?

**Are there Early Birds or Night Owls in your home?**



Have a chat with the people in your home and find out if they are Early Birds or Night Owls. Tell them the difference if they get confused. Ask your neighbours or ring your family and friends on the phone. Make a list of the things that Early Birds and Night Owls like to do early in the morning or late at night.

 <b>In the morning, Early Birds like to...</b>	 <b>At night time, Night Owls like to...</b>
Go out for a walk or some exercise	Read a book
Do some baking or cooking	Watch movies

Do you think an Early Bird and a Night Owl would get along well on a holiday together? What problems might they have?

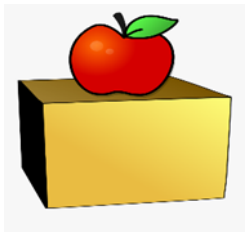
## Spot the Difference

Here are two bedrooms that look almost the same. Look closely with your eyes to spot the **5 things** that are different in the bedrooms.





When you spot the differences, have a chat about them. See if everybody can spot them! Use these **location words** to give clues to those who find it tricky. You can also talk about where things are in the pictures.



on



under



beside



in

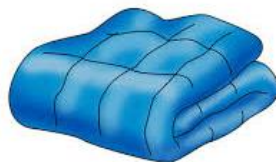


in front of

Here are some more words that might help...



pillow



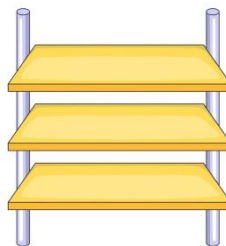
blanket



picture frame



handle



shelf



curtains

## More Spot the Difference

There are 5 more differences in these 2 bedrooms. Let's see if you can find them!



Did you spot all 5 differences? Scroll down to see the answers for the Spot the Difference activities! Again, have a chat about the differences you find.

## Spot the Difference Answers

(1)

1. An orange cushion **on** the bed is missing.
2. The red book **on** the shelf is missing.
3. The picture frame **on top** of the bedside locker is missing.
4. The handle **on the top** shelf of the locker is missing.
5. The rug **in front of** the bed is a different colour.



(2)

1. The lamp in picture 1 is blue but the lamp in picture 2 is pink.
2. The giraffe in picture 1 has a teddy bear, the giraffe in picture 2 doesn't.
3. The book in picture 1 has a picture on the front, the book in picture 2 doesn't.
4. There is a picture of a teddy on the wall in picture 2 but not picture 1.
5. The cats in the pictures are lying in opposite ways.



## Who Sleeps Here?

Can you match the animal to where they go to sleep?



Mouse



Stable



Dog



Burrow



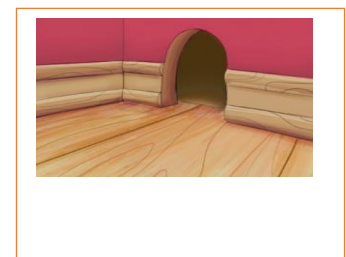
Goldfish



Kennel



Horse



Hole in the wall



Rabbit



Bowl

## Saying Goodnight

How do you say goodnight in your house? Some of us use words and say things like.....

Night,  
night!  
Sweet  
dreams!

Dobranoc!

Bon Nuit!

Sleep  
tight, don't  
let the bed  
bugs bite!

Oiche  
Mhaith,  
Codladh  
Sámh!

Sleep  
snug as  
a bug in  
a rug!

Buenas  
Noches!

Go to bed  
you sleepy  
head!

Off to  
the 'Land  
of Nod!'



Some of us use **actions**, like giving a kiss goodnight, having a cuddle, blowing a kiss or giving a hug to say goodnight.



Have a chat about the different ways you say goodnight in your house!

Can you learn how to say 'Goodnight' in another language, or two?



## Animals Say 'Goodnight'!

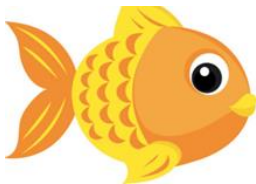
How do you think animals say goodnight? What actions might these animals do before they go to sleep to say goodnight?



Maybe bunny rabbits have an "eskimo kiss" by touching their noses together to say goodnight.....just like this! →



Make up some goodnight actions for these animals....



Can you think of any more animals? How would they say goodnight?



## Guess Who?

Here are some funny facts about animals and how they sleep. Have a go at matching the fact to the animal!



**GUESS WHO** can sleep *standing up?* (and not fall over!)



Giraffes



**GUESS WHO** sleeps *upside down?* (I am dizzy thinking about this!)



Pandas



**GUESS WHO** sleeps *high up* in a leafy tree? (Looking down at everybody else!)



Horses



**GUESS WHO** sleeps for *about 4 hours* a day? (I feel sleepy just thinking about it!)



Bats



## More Guess Who?

Well done on all of your guessing so far!

See can you try and match some more...



**GUESS WHO** sleeps  
*on their back in a  
river? (Sometimes  
they hold each  
other's paws!)*



Otters



**GUESS WHO** sleeps  
*with their eyes  
open? (It hard to  
tell if they are  
sleeping!)*



Ducks



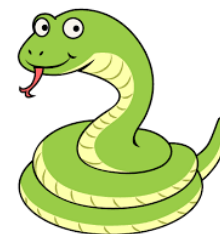
**GUESS WHO** sleeps  
*in a row, side by  
side? (Hint: have  
you ever heard the  
phrase 'Get all your  
\_\_\_\_\_ in a row?')*



Meer cats



**GUESS WHO** sleep  
*in a pile, all cuddled  
up? (Keeping each  
other warm and  
safe, especially the  
guy in the middle of  
the pile!)*



© dsk

Snakes

## Did You Guess Who?



I can sleep standing up!  
I don't even fall over!



We sleep hanging  
upside down and don't get  
dizzy!



I climb high into trees and  
get comfy to sleep!



I sleep on average 4.6  
hours a night! It's great to  
give my neck a rest!



We sleep while floating and  
sometimes we hold hands!



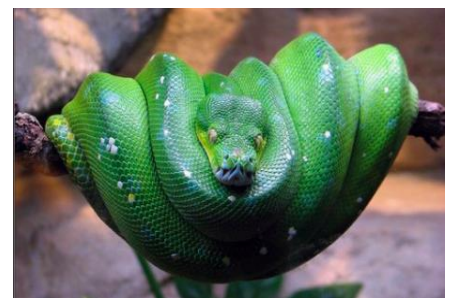
Just like people dolphins  
sleep for about 8 hours but  
each half of their brain  
takes turns; 4 hours sleep  
for each half!



We sleep all lined up in a  
row!



We sleep all in a pile, curled  
up and comfortable!



I keep my eyes open while  
I'm sleeping!



## Bedtime Jokes

**Q:** Did you hear about my brother who slept with his head under the pillow?

**A:** When he woke up, he noticed the fairies had taken all of his teeth!

**John:** "Doctor, Doctor, I haven't slept for days!"

**Doctor:** "Why not?"

**John:** "Because I sleep at night!"

**Q:** What question can never be answered with yes?

**A:** Are you asleep?

**Customer:** "I'd like to buy a new mattress please."

**Shop keeper:** "Of course! A spring mattress?"

**Customer:** "No! I want to use it all year long!"



**Q:** How does a man on a moon get his haircut?

**A:** Eclipse it.

**Q:** Did you hear about the great new restaurant on the moon?

**A:** The food is excellent, but there's no atmosphere.

**Q:** What do you call a moon out of orbit?

**A:** Lunatic!

**Q:** Why couldn't the pony  
sing himself a lullaby?

**A:** Because he was a little  
hoarse!

**Q:** What do scuba divers  
wear to bed?

**A:** A snore-kel!

**Q:** What has four  
legs, but only one  
foot?

**A:** A bed!

**Q:** Why did the man put his  
bed in a fireplace?

**A:** Because he wanted to  
sleep like a log!

**Q:** What musical instrument is  
found in the bathroom?

**A:** A tuba toothpaste!



**Q:** How are false teeth like stars?

**A:** They only come out at night!

**Q:** What horse only sleeps at  
night?

**A:** A night mare!

**Q:** How do you get a  
baby alien to sleep?

**A:** You rocket!

## Bedtime Word Search

M S C K R A L A R M T U Q X H  
P L U C G L B D G O L W N P Q  
Y E R S K Y U A N O U W E O T  
J E T N S T A R S M A K F I E  
A P A E T A I K N Y Q R N S D  
M W I S O E C S P B G Y A T D  
A S N I R T R U C R O Z L W Y  
S K S K Y M O O N U O T B I A  
C H Q V G A A Q B E D D A N A  
S L E E P S W J V H N A L K U  
T O O T H B R U S H I R K L S  
D J Y A T M A H L I G H T E U  
Z I E P I L L O W F H G H A P  
T R P Z B L A N K E T D T S Q  
D R E A M L U Q A L Y D A R K

ALARM

BED

BLANKET

CURTAINS

DARK

DREAM

MOON

PILLOW

PYJAMAS

SKY

SLEEP

STARS

TOOTHBRUSH

TWINKLE

YAWN

GOODNIGHT

STORY

LIGHT

TEDDY



## Moon Facts

The moon is 4.5 billion years old.

Neil Armstrong was the first person to set foot on the moon.

The moon orbits or circles around the earth.

The moon is 238,857 miles away from the earth. That's over 4 million football fields!

The moon doesn't make its own light, like the sun. We see the moon because the sun reflects off it.



There is no wind on the moon.

There are lots of craters on the moon because big rocks called asteroids and comets have bumped into it.

## Make and Do - Tinfoil Moon



1. Cut out a big circle using tin foil.
2. Place some coins on a table and place the circle of tin foil on top. Use big and small coins to make different size craters on your moon!
3. Rub your fingers around the edges to make circles in the tin foil.
4. Glue the tin foil circle onto a piece of black paper or a piece of paper that you have coloured black.

## The Dream Catcher

Oh dear! Twitch the Happy Talk Bunny has been having very scary dreams. Twitch is having trouble falling asleep because of his scary dreams. Twitch told his Mam, Nibbles all about it. Together Nibbles and Twitch are going to make a dream catchers to catch some of those bad dreams. You can make one too to keep in your bedroom when you sleep!

### **Do you ever have bad dreams?**

It's time to make a dream catcher! You'll need a grown-ups help!

1. Get a paper plate and cut out the inside (leave the edges).  
(A good trick is to fold the paper plate in two and cut a half/semicircle.)
2. Use a puncher (or scissors) to put small holes around the inside of the plate.
3. Use string or wool and put it through these holes.
4. Make 3 small holes at the bottom of the plate. Using more string or wool, thread on any beads/feathers you can find.
5. Decorate your dream catcher any way you like!



## An Idiom? What is that?

An idiom is when we use words or an image that means one thing to describe something else.



Sometimes we have to work out what an idiom means. It's like working out a puzzle or a code!

When we are using idioms we try to remember that the words don't mean exactly what they say.

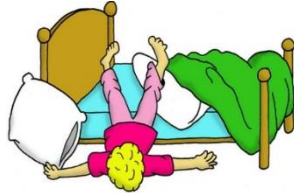
'Before I went into the test, I had cold feet.'  
Does this mean 'I was nervous' or 'I had to put on an extra pair of socks!'

'I'm all ears!'  
Does this mean 'I'm listening carefully' or 'I have 100 ears all over my head!'

'It cost an arm and a leg!'  
Does this mean 'It was very expensive' or 'I had to give the shop keeper my brother's arm and leg to buy something!'

## Bedtime Idioms

There are lots of fun idioms about Bedtime. Use your guessing skills and try to figure out what these sentences mean.



Before talking to her teacher about the problem, Sinead **decided to sleep on it**.

Sam woke up on the **wrong side of the bed** this morning, she shouted at me to wash the dishes.



There is no point in **losing sleep over something** that might not happen!

John was **up at the crack of dawn** the morning of the school play.

After playing outside all day, John **slept like a log** last night.

She is **burning the candle at both ends**. She needs some rest.

After his long day at work, when he went to bed he was **out like a light**.



Before talking to her teacher,  
Sinead **decided to sleep on it.**

'Sinead took some time to think  
before talking to her teacher' or  
'Sinead slept on her teacher'?

There is no point in **losing  
sleep over something** that  
might not happen!

'You'll have to visit 'Lost  
and Found' to find your  
sleep' or 'There's no point  
in worrying so much that  
you can't sleep'?

John was **up at the crack of  
dawn** the day of the school  
play.

'John was up very early' or  
'John woke at first light of  
dawn'?

After playing outside all day, John  
**slept like a log** last night.

'John turned into a log in his sleep'  
or 'John slept very soundly'?

She is **burning the  
candle at both ends.**

'She is getting up very  
early and going to bed  
very late' or 'She has a  
candle with a wick at the  
bottom and top and is  
burning it at both ends'?

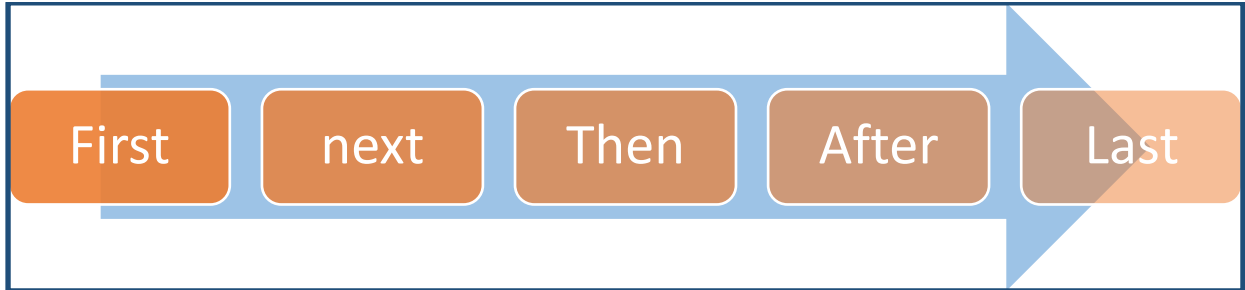


After his long day at work, when he went  
to bed **he was out like a light.**

'He switched himself off with his sleep  
switch' or 'He fell asleep very fast'?



## Bedtime Comic: What's next?



We're going to make a Bedtime Comic Strip. Cut up some pages into small boxes. Draw a picture of these bedtime activities on each piece of paper.

Brush and dry your hair

Get into bed

Brush your teeth

Have fun-filled dreams.

Go to your bedroom

Have a bath/shower

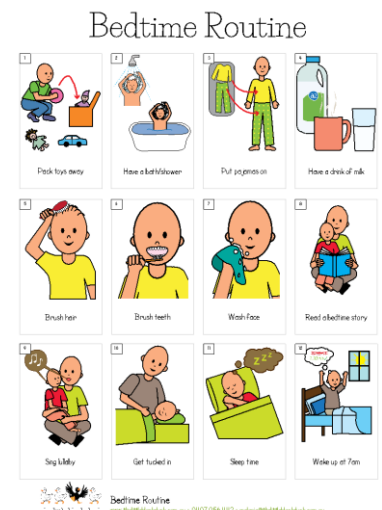
Put on your fresh pyjamas

Have a bedtime snack

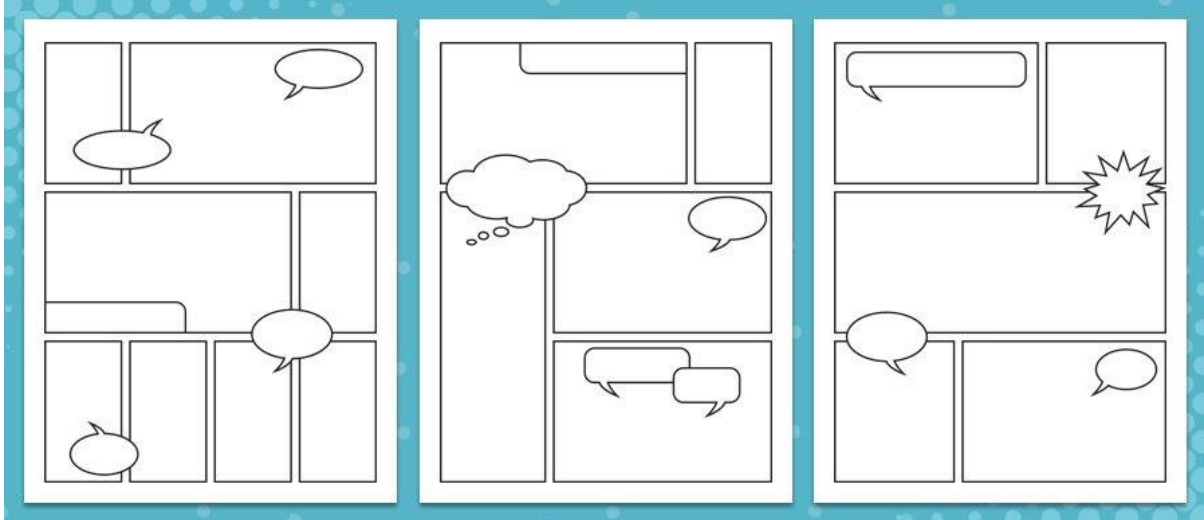
Hug and kiss your family goodnight

Read your favourite bedtime book

Can you think of anything else that happens at bedtime in your house? Do you put clothes in a laundry basket? Do you take any medicine? Do you have a favourite teddy you bring to bed? Do you keep a nightlight on?



## Bedtime Comic: Let's Put It Together!



To put your Bedtime Comic together take a page and draw out a comic strip like these.

To get ready put all your bedtime pictures in order. Think about what happens first, next, then, after and last.

First  Next  Then  After  Last

Using glue or sellotape stick the drawings to your comic strip. Don't forget to include some speech bubbles and imagine what you might say at each stage of bedtime. Find someone in your house tell your Bedtime Comic Strip story.

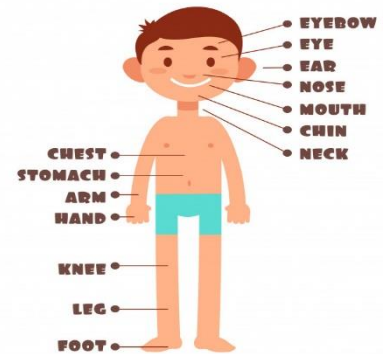
## Let's Learn: Why do we Need sleep?

Do you know how important it is that we go to sleep? Sleeping is important for our bodies and our brains. When we are children we need 10-12 hours' sleep to make sure we don't get tired. When we are grownups we need 8 - 9 hours' sleep.



### Sleep for Your Body:

1. So, we can grow to be tall and strong.
2. So, if we hurt ourselves, we get better quickly.
3. So, we don't get sick.



### Sleep for Your Brain:

1. So, we remember everything we learn in the day.
2. So, we can listen and pay attention to everything around us.
3. So, we can use our imagination.



Can you think of any other reasons we need sleep?

## Counting Sheep

Long ago when farmers and shepherds were minding their sheep they would often fall asleep while counting them! When you have lots and lots of sheep trying to count them is a bit boring! This could make you sleepy! And so sometimes we imagine trying to count sheep to help us sleep!



## Counting Sheep Makes the Farmer Sleep!

This is Farmer Peep and some of his sheep. Farmer Peep is counting his sheep and this makes him very sleepy! When Farmer Peep falls asleep all his sheep fall asleep with him! They all just drop to the ground to have a snooze! Imagine all that snoring!

## The Farmer Peep Game

In this game Farmer Peep is the leader and everyone else is a sheep!

To prepare for this game we need to practice:

Can you pretend to be a sheep that's wide awake?



Move around the room or outdoor space and say

'Baaaa' like a sheep, pretend to eat the grass, pretend to climb over the 'ditch', pretend to say hello to the other sheep! Follow the other sheep, see where they are going!

Can you pretend to be a sleepy sheep?

Drop to the ground and fall fast asleep. Can you snore? Can you sigh in your sleep?

Can you fall asleep immediately when you HEAR Farmer Peep say "Farmer Peep Fell Asleep"?

In this game you must listen for when Farmer Peep says 'Farmer Peep Fell Asleep!' and you must copy Farmer Peep and drop down and fall asleep! Remember to keep listening!

Can you fall asleep immediately when you SEE Farmer Peep falling asleep?

Farmer Peep might try to catch you out and just quietly fall asleep! You have to keep watching so you can copy him! Don't forget to snore!



# SNOOZE CLUES

from [sleepforkids.org](http://sleepforkids.org)



READ THE CLUES ABOUT SLEEP BELOW. USE THE ANSWERS TO SOLVE THIS CROSSWORD PUZZLE!

## ACROSS

5. To help your muscles and bones grow and to keep you healthy, sleep renews and strengthens your \_\_\_\_\_.
7. In the morning, your eyes and brain are signalled that it is time to wake-up by \_\_\_\_\_.
8. Your body needs rest at night, but while you sleep it is still \_\_\_\_\_.
9. During stage 3 and 4 you are in a \_\_\_\_\_ sleep.
10. To help you concentrate, solve problems, and learn, sleep refreshes your \_\_\_\_\_.

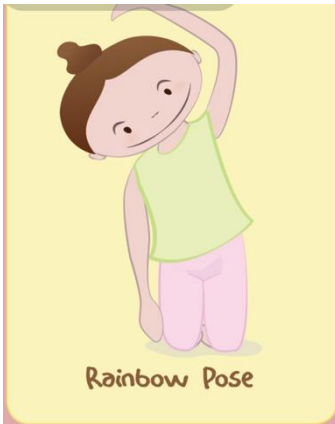
## DOWN

1. A full night of sleep helps you stay active all day by giving you enough \_\_\_\_\_.
2. Our brain makes a chemical that makes us sleepy called \_\_\_\_\_.
3. Five or six times a night, you go through one sleep \_\_\_\_\_.
4. Rapid-Eye-Movement sleep is the stage when we \_\_\_\_\_.
6. Each cycle of sleep has \_\_\_\_\_ stages.

**ANSWERS** Across: 5. Body 7. Light 8. Active 9. Deep 10. Brain Down: 1. Energy 2. Melatonin 3. Cycle 4. Dream 6. Five

## Some Fun Bedtime Yoga!

Yoga helps us move, relax and get ready for sleep!  
Find a space to move around in, and try out some of these cool yoga moves!  
This is a great activity for everyone in the family. Try starting with 4 or 5  
Poses and then adding a new one every few days.

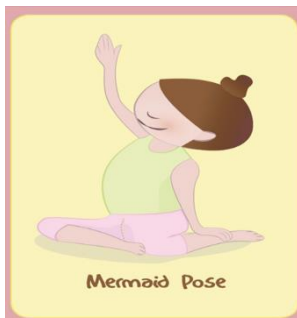


### The Rainbow Pose

Kneel on both your knees and curl your arm over your head while you lean to the side, like a rainbow. Hold it for 10 seconds, breathing in and out. Next, lean in the opposite direction and use the other arm.

### The Warrior Pose

Stand up and lean on one foot in front of you with your knee bent, and let your other leg stretch behind in a straight line. Stretch both arms out, straight out from your shoulders, in the same direction as your legs. Hold for 10 seconds and repeat 3 times. Stand proud, like a warrior! Swap your other leg to the front and repeat!

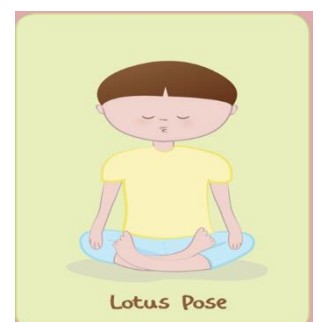


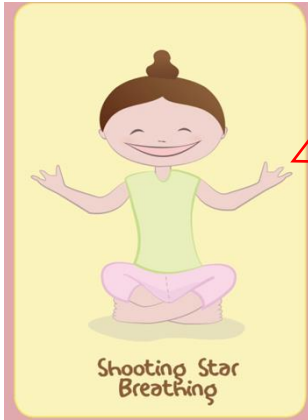
### Mermaid Pose

Stretch one arm up as tall as you can (like a mermaid reaching through the waves) while you are sitting on the floor, with both knees bent, and one leg in resting in front. Hold it there for 10 seconds, and then relax for 5 seconds, then repeat 2 more times. Swap to the other arm and swap your legs and do it again 3 times.

### Lotus Pose

Sit on the floor with both legs crossed, (if you can, rest one ankle on top of the other). Close your eyes and take a few deep breaths in and out. Think of a lotus flower growing in the sunshine. How relaxing!



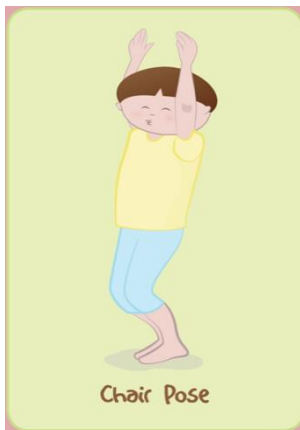
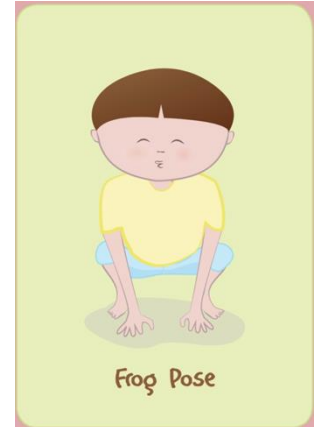


### Shooting Star Breathing Pose

Let's pretend to be shooting stars! Sit cross legged on the floor, and think about your breathing! Take a long deep breath in, moving your arms up above your head slowly as you do this. Hold it for 3 seconds, and then breathe out loudly for 5 seconds, waving your hands in the air above your head as you do this.

### Frog Pose

Try your best to sit like a frog! Crouch down low, and rest your hands on the floor, you can even try to do some frog noises and hop around the room like a frog.

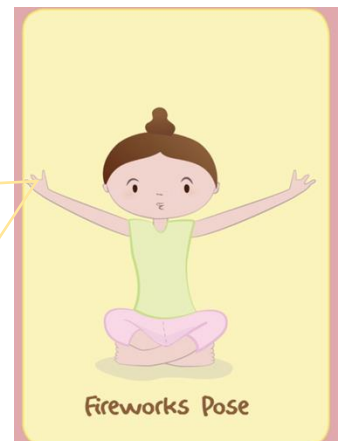


### Chair Pose

Pretend you are a chair. Bend your knees a bit and raise your arms up tall above your head, lean back a little. Now hold it there for 10 seconds. Does it feel a bit silly to look like a chair?

### Firework Pose

For the firework pose, we will start curled up and then explode like a firework. Start off on the floor with your knees crossed, wrap your arms around your leg and tuck your head in like a ball. Slowly, stretch out your arms as wide as you can and lift up your head as you breathe in. Hold it at



### Crescent Moon Pose

We are going to copy the crescent moon (look it up before you start!) Bring both your arms up above your head, and touch your flat hands together at the top. Now, just like the curved moon shape, bend slowly to the right, hold it there for 6 seconds. Slowly go back to your standing position, and lean your body over to the left this time, hold for 6 seconds. This pose might make you a bit sleepy! Maybe it's time to head to bed...

## Gratitude at the End of Day: Thank You!

After a long day of playing and learning it is nice to think of what we are thankful for.

Before you go to sleep, make a list of 3 things that made you happy today. If you want write them down.



Think of the things that made you feel happy, safe, loved, laugh, proud, confident, smile, excited, calm, kind, generous, peace.

- I had a piece of chocolate after dinner.
- I went for a walk and saw some birds.
- I phoned my best friend John.
- I made a cake for my moms' birthday.
- I shared my toys with my sister.
- I helped my brother tidy up.
- Mam gave me a hug and a tickle.
- Dad showed me how to make a telescope and we played games together.
- I dressed my bed by myself.
- I learned how to make scrambled eggs.





## Sweet Dreams

Goodnight to you, goodnight to me,  
Now close your eyes and go to sleep,  
Goodnight, sleep tight, sweet dreams tonight,  
Goodnight, I love you.

