

Pajama Time

Storytime To Go

Books

Bedtime at the Swamp
Kristyn Crow

Five Little Monkeys
Eileen Christelow

*How Do Dinosaurs Say
Goodnight?*
Jane Yolen

Dinosaur vs. Bedtime
Bob Shea

*Llama, Llama Red
Pajama*
Anna Dewdney

Stellaluna
Janell Cannon

Goodnight Gorilla
Peggy Rathmann



Action Rhymes

Twinkle, twinkle little star Twinkle up and twinkle down

Twinkle, twinkle little stars
(Wiggle fingers)
Stand and twinkle where you are.
(Stand up while wiggling fingers)
Twinkle high and twinkle low
(Put hands in the air and then at feet)
Twinkle fast and twinkle slow
(Shake hands fast, then slow)
Twinkle, twinkle little stars
(Continue wiggling fingers)
Now sit and twinkle where you are.
(sit back down)

Ten in Bed

There were ten in a bed and the little one said, "Roll over, roll over."
(rolling motion with hands)
So they all rolled over and one fell out.
There were nine in the bed and the little one said, "Roll over, roll over."
So they all rolled over and one fell out....
(repeat until you get to the number one.)
There was one in the bed and the little one said, "Good night!"

Hey Diddle Diddle

Hey diddle diddle,
The cat and the fiddle,
The cow jumped over the moon.
The little dog laughed to see such a sport
And the dish ran away with the spoon!

Felt Board

Four Little Stars

Four little stars winking at me.
One shot off, then there were three!
Three little stars with nothing to do.
One shot off, then there were two!
Two little stars afraid of the sun.
One shot off, then there was one!
One little star alone is no fun.
It shot off, then there was none!
From Preschooleducation.com

Fingerplays

Five Little Monkeys

Five little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said, "No more monkeys jumping on the bed."
(continue until no more monkeys are left to jump on the bed)

Songs

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.

Twinkle Twinkle Little Book

Twinkle, twinkle little book
Now it's time to take a look
Let's see what the pages hold
Stories that will soon be told
Twinkle, twinkle little book
Now it's time to take a look.

Bats Are Sleeping

(To the tune of Frere Jacques)

Bats are sleeping
Bats are sleeping
Upside down,
Upside down.
Sleeping in the morning.
Waiting for the night to come.
To fly around.
To fly around.

From childcarelounge.com

Frere Jacques (Brother John)

Frere Jacques, Frere Jacques
Dormez-vous? Dormez-vous?
Sonnez les matines,
sonnez les matines
Ding, dang, dong
Ding, dang, dong

English version

Are you sleeping? Are you sleeping?
Brother John, Brother John
Morning bells are ringing
Morning bells are ringing
Ding, dang, dong
Ding, dang, dong

Arts & Crafts

Paper Plate Moon

Grab a paper plate, some crayons, scissors, yarn and googly eyes. Cut out your moon's profile, color him, glue the eyes, and draw the mouth. Cut a star from cardstock or from your paper plate scraps. Hole punch and use the yard to tie the star to your moon.

Image and craft idea from
Confessions of a Real Librarian



Paper Roll Star

Cut five pieces from a paper roll and paint, color or cover in a little glue and glitter. Glue the ends together to make a pretty star.

Image and craft idea from
Homedit.com



Science & Math

Counting by Fives

Cut out several five-point stars. Label the stars, counting by fives. Teach your child to count by fives using the points on the stars.

Moon Talk

As you and your child get ready for bed, take a look at the moon on a clear night. Ask your child what they know about the moon. Discuss any questions they might have about the moon and the stars that surround it.

Early Literacy Take

Home: Sharing a book at bedtime is a great way to connect at the end of the day. As you read, make connections with your child between the events and characters in the book and the events and people in their life.

Questions about this kit?
Email youth services staff
at youth@nols.org or
contact staff at
(360) 417-8500 x7705.

www.nols.org