Theme: Bedtime
Time: 20-30 Minutes

Part One: Choose Your Books!
• Choose 1-2 books from our suggested reading list below.
• All of the books can be found on the Overdrive or Hoopla apps.
• To download the Overdrive app, go to: https://nassau.overdrive.com/collection/28993.
• To download the Hoopla app, please go to: https://www.hoopladigital.com/my/hoopla.
• You will need your library barcode number to create an account on both apps.
• It is located on the back of your library card.

Fiction
**Kittens First Full Moon** by Kevin Henkes (available on Hoopla)
**Goodnight Moon** by Margaret Wise Brown (available on Hoopla and Overdrive)
**In the Night Kitchen** by Maurice Sendak (Available on Hoopla)
**The Full Moon at the Napping House** by Audrey Wood (available on Overdrive)

Non-Fiction
**Day and Night** by Robin Wilson (available on Hoopla)
**Night and Day** by Amy Tao (available on Hoopla)
**Dreams** by Cynthia Amoroso (Available on Hoopla)
Part Two: Fingerplays!

- Print out 5 bears from the template provided.
- Color each bear a different color.
- Tape them to a wall and have your child count how many bears there are and what color each bear is.
- After you chant each verse, remove one bear from the wall (there should be one left).
- At the end of the rhyme, tape the four bears back onto the wall (all five bears should be on the wall now).

**5 Bears in the Bed**

There were five in the bed,
and the little one said,
“It’s crowded!
Roll Over!”
So they all rolled over
And one fell out.

How many were in the bed now?
That’s right! 4!
There were four in the bed…

**Continue counting down until…**

There was one in the bed
and the little one said

“I’m Lonely!”
So all the others climbed back into bed.

1, 2, 3, 4, 5
And everyone drifted off to sleep.
Goodnight!

Source: https://jeninthelibrary.com/tag/bedtime/
Fingerplay Template

Part Three: Let’s Dance!

Dance yourself to sleep with Bert and Ernie!

https://www.youtube.com/watch?v=biAMh-xdvJc
Part Four: Let’s Sing!

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.

http://pasadena-library.net/kids/2017/bedtimenaptime-toddler-storytime/

“Hush, Little Baby” Lyrics

Hush, little Baby, don’t say a word,
Mama’s gonna buy you a Mockingbird.

And if that mockingbird don’t sing,
Mama’s gonna buy you a diamond ring.

And if that diamond ring turns brass,
Mama’s gonna buy you a looking glass.

And if that looking glass gets broke,
Mama’s gonna buy you a billy goat,

And if that billy goat won’t pull,
Mama’s gonna buy you a cart and a bull.

And if that cart and bull turn over,
Mama’s gonna buy you a dog named Rover.

And if that dog named Rover won’t bark,
Mama’s gonna buy you a horse and a cart.

And if that horse and cart fall down,
You’ll still be the sweetest little baby in town

https://allnurseryrhymes.com/hush-little-baby/
Part Five: Create Corner!

Make a day and night craft!

Materials:

- Two paper plates
- Craft paint: black, white and light blue
- Paint brush
- Scissors
- Pencil
- Glue
- Hole punch
- Paper fastener

How to Make Your Day and Night Craft:

- Start by tracing a line in the middle of a paper plate. Paint half of the paper plate black.
- Add a few water drops to your white paint and dip the paint brush into the paint.
- Add the stars by placing the paint brush over the black half of the paper plate and tapping gently on the paintbrush. It's not a problem if white paint ends up on the other half of the paper plate. We will cover that half with light blue paint.
- Set the night sky paper plate aside to dry completely.
- Create or print out a sun and a cloud.
- Paint the other half of the paper plate light blue.
- Glue the sun and white cloud onto the blue half and the moon sleeping on the cloud onto the black half. The sun and moon need to face each other.
- Trace a line in the middle of the second paper plate.
- Use the scissors to cut out a window in one half of the paper plate, above the middle line.
- Use a hole punch to make a hole in the middle of the second paper plate, along the middle line.
- Place the second paper plate on top of the painted paper plate and use a pencil to mark through the hole the middle of the painted paper plate. Use the pencil to make a hole, where that mark is.
- Connect the two paper plates with a paper fastener.

Source: https://nontoygifts.com/day-and-night-craft/