



The Yawns are Coming!
by Christopher Eliopoulos

Recommended books:

Llama Llama Red Pajama by Anna Dewdney

I'm Not Sleepy by Jonathan Allen

Yawn by Sally Symes

The Napping House by Audrey Wood

Time for Bed by Mem Fox

Tuck Me In! by Dean Hacohen & Sherry Scharschmidt

Dinosaur vs. Bedtime by Bob Shea

Bedtime for Little Bears by David Bedford

Bedtime for Sweet Creatures by Nikki Grimes

Touch the Brightest Star by Christie Matheson

Twenty Yawns by Jane Smiley

Don't Let the Pigeon Stay Up Late by Mo Willems

Let's Sing a Lullaby with the Brave Cowboy by Jan Thomas

Fingerplays and Action Rhymes:

Ten in the Bed

Ten in the bed and the little one said,

"Roll over, roll over!"

They all rolled over and one fell out.

9, 8, 7, 6, 5, 4, 3, 2,

One in the bed and the little one said,

“Alone at last. Good night!”

Teddy Bear, Teddy Bear

Teddy bear, teddy bear, turn around. (Turn around)
Teddy bear, teddy bear, touch the ground (Touch the ground)
Teddy bear, teddy bear, show your shoe. (Point to your shoe)
Teddy bear, teddy bear, I love you. (Hug yourself)
Teddy bear, teddy bear, climb upstairs. (Pretend to climb stairs)
Teddy bear, teddy bear, brush your hair. (Pretend to brush hair)
Teddy bear, teddy bear, turn out the light. (Pretend to switch off the light)
Teddy bear, teddy bear, say “Goodnight.” (Hands together and lean head on them)

Bear Song (Row, Row, Row Your Boat)

Hug, hug, hug your bear
Squeeze him very tight
Hold him high,
Help him fly,
Then squeeze with all your might.

This is the Way We...

This is the way we wash our face, wash our face, wash our face.
(rub scrunched scarf on face)
This is the way we wash our face,
As we get ready for bed.
—Wash our toes
—Wash our knees
—Wash our tummy

Going to Bed

This little child is going to bed, (point to self)
Down on the pillow he lays his head, (rest head on hands)
He wraps himself in a blanket tight, (hug yourself)
And this is the way he sleeps all night,
Zzzzzzz...ZZZZZZZZz

Morning comes, he opens his eyes, (raise head, eyes open wide)
Off with a toss the covers fly, (fling arms wide)
Soon he is up and dressed and awake, (jump up)
Ready for fun and play all day, (clap hands and turn in a circle).

Songs:

“**Monster Boogie**” by Laurie Berkner

“**Goodnight**” by Laurie Berkner

“Getting Ready for Bed” from *Barney’s Bedtime Songs* CD
“Five Little Monkeys Jumping on the Bed” by Dennis Buck

Activity: Chalk Art

Supplies

- Black or dark colored construction paper
- Sidewalk chalk
- Mixed craft supplies (paper, yarn, google eyes, scissors, glue, etc.)

Instructions

Encourage kids to draw what they think a “Yawn” looks like. Is it a big, hairy monster? Maybe a wispy breeze? Using chalk on dark paper is an awesome way to simulate nighttime in our crafts. Let kids use whatever mediums they want to create their creatures.

