

# Pajama Time: Bedtime Stories

## Presenter Tip Sheet

### About This Storytime

Bedtime is a great time for adult caregivers to read books and comfort children before going to sleep. This storytime will be extra fun if children come wearing their pajamas. If you have a series of programs, advertise several weeks ahead. Have a few extra blankets or teddy bears for children who might not bring one to hold.

### Books

For books to share in this storytime, pick three from the list below, or choose other books in your collection that reflect the theme and are developmentally appropriate for twos and threes. Always share your longest book first. For the second book, choose a participatory book that engages the children, and ask the caregivers to join in. For the third and last story, share a book told through the use of a flannel board or magnetic board, or use a prop or other visual. The examples provided in the storytime program fit these guidelines.

#### Book Suggestions:

- *Dinosaur vs. Bedtime*, by Bob Shea (Hyperion, 2008)
- *Down in the Woods at Sleepytime*, by Carole Lexa Schaefer (Candlewick, 2004)
- *How Do Dinosaurs Say Good Night?* by Jane Yolen (Blue Sky, 2000)
- *Kiss Good Night*, by Amy Hest (Candlewick, 2004)
- *Llama Llama Red Pajama*, by Anna Dewdney (Viking, 2005)
- *The Napping House*, by Audrey Wood (HMH, 2009)
- *No Go Sleep!* by Kate Feiffer (Simon & Schuster, 2012)
- *Sleepy, Oh So Sleepy*, by Denise Fleming (Henry Holt, 2010)
- *Sleepyhead*, by Karma Wilson (Margaret K. McElderry, 2006)
- *Song of Night: It's Time to Go to Bed*, by Katherine Riley Nakamura (Blue Sky, 2002)
- *Ten in the Bed*, by David Ellwand (Chronicle, 2002) (or other age-appropriate version)
- *Time for Bed*, by Mem Fox (HMH, 1993)

### Songs

This storytime includes four songs. The same opening song should be used each week if you are holding a series of storytime programs. Always provide some type of movement or motions to accompany each song, but keep the movements simple. If you use a song that normally has many verses, consider limiting it to two or three verses. Using recorded music during the storytime is fine, but try to sing as many songs as you can with a live voice so that young children can hear the words and the sounds making up each word. Recorded music is usually sung too fast for this purpose. The Very Ready Reading Program includes CDs with all the songs in the storytimes, recorded at an appropriate tempo for this age group. Track numbers for each recording are provided in the song list below and on the storytime program card.

#### Songs for This Storytime:

- Opening Song: "It's Time for Storytime" (sung to the tune of "The Farmer in the Dell") 🎧 2.03 🎵 2.04
- "Are You Sleeping?" 🎧 1.03
- "Five in the Bed" 🎧 1.23
- "Twinkle, Twinkle, Little Star" 🎧 2.26

### Rhymes

This storytime includes four rhymes. The same closing rhyme should be used each week if you are holding a series of storytime programs. The rhymes used in these storytimes have motions that are appropriate for twos and threes, who still have some limited fine motor skills. Younger children may need caregivers' help with the motions in these rhymes.

#### Rhymes for This Storytime:

- "Wee Willie Winkie"
- "After My Bath"
- "Star Light, Star Bright"
- Closing Rhyme: "Wave Goodbye"

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## Activities

This storytime includes an optional theme-related activity, to be completed after the closing rhyme. Below are three activities to choose from. The activity you choose might depend on the size or predominant age of your audience, the amount of time you have to prepare, your space or environment, and the materials needed. The activities are designed with safety and the attention spans and fine motor abilities of twos and threes in mind. Always remember and remind caregivers: **Any activity that involves materials such as paint, sand, string, or small pieces requires close adult supervision.** Although each activity has a learning aspect, the emphasis should be on having fun!

### Activity Suggestions:

**Nighttime Dance.** Invite children to perform a nighttime dance. Provide blue streamers to wave while playing lullabies such as “Hush Little Baby,” “Rock-a-Bye Baby,” or “Mister Moon.”

**Starry Night.** Invite children to place large silver or gold stick-on stars on a sheet of black construction paper to make a starry night picture. Adults can help children draw and color moons on their pictures with white crayons.

**Nighttime Routine.** Download and print a set of Nighttime Routine sequence cards from [www.upstartpromotions.com/upstart/pages/reproducibles](http://www.upstartpromotions.com/upstart/pages/reproducibles) on heavy card stock for each child. Encourage children to arrange the cards in order of the events leading up to their bedtime. Cards can be colored if desired.



## Early Literacy Tips

Throughout each storytime program, you'll find yellow boxes that feature early literacy tips. As you present your program, share these tips with parents and caregivers to help promote the **7 Days • 7 Ways** principles. The tips are designed to easily be infused into the storytime without interrupting the natural flow of the program for children. The Caregiver Tip Sheets you will hand out at the end of each program reiterate the literacy tips you shared during the storytime.