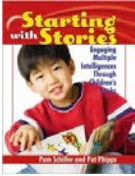


# Resources for a Bedtime Themed Storytime

## Resource Books

### Starting With Stories: Engaging Multiple Intelligences Through Children's Books



by Pam Schiller and Pat Phipps

Pam Schiller's Starting With Stories is an excellent resource to use in developing storytimes for the diverse audiences you will encounter in public libraries. Starting With Stories includes resources to use with The Napping House one page 142. A couple of fun activities include:

- Play CD's of lullabies. Ask the children questions, such as, How is a lullaby different from a song we dance to? Which lullaby do you like best?
- Provide a sleeping bag the children can pretend is a bed, and several stuffed animals that can represent the animals in The Napping House. Encourage the children to re-enact the story. Ask questions: Can you remember who comes to bed next? How do you remember who comes next?

## Bedtime Books



- Ten, Nine, Eight by Molly Bang  
Sleep, Little One, Sleep by Marion Dane Bauer  
Goodnight Moon by Margaret Wise Brown  
I Am Not Sleepy and I Will Not Go To Bed by Lauren Child (Pop Up)  
Llama, Llama, Red Pajama by Anna Dewdney  
Time for Bed by Mem Fox  
Asleep, Asleep by Mirra Ginsburg  
Kiss Good Night by Amy Hest  
Bedtime for Frances by Russell Hoban  
Shhhhhh! Everybody's Sleeping by Julie Markes  
10 Minutes to Bedtime by Peggy Rathman  
Tuck Me in Tales by Margaret Read MacDonald  
Mother, Mother I Want Another by Maria Robbins  
The Sleepy Little Alphabet: A Bedtime Story from Alphabet Town by Judy Sierra  
Twinkle Twinkle Little Star by Iza Trapani  
Ira Sleeps Over by Bernard Waber  
Bear Snores On by Karma Wilson and Jane Chapman  
Napping House by Audrey Wood  
Switching on the Moon: A Very First Book of Bedtime Poems by Jane Yolen  
How Do Dinosaurs Say Goodnight by Jane Yolen and Mark Teague

## **Songs and Fingerplays**

### **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!"

### **Big Yellow Moon**

Big yellow moon shines so bright, (Arms above head in circle shape.)  
Glides across the starry night, (Arms move from left to right.)  
Looks down at me (Hand shades eyes.)  
Asleep in bed, (Hands together at side of face.)  
Whispers, "Good night, sleepyhead." (Forefinger in front of mouth.)  
Big yellow moon, your turn is done. (Arms above head move down in front of body.)  
Here comes Mr. Morning Sun. (Arms move above head in circle shape.)  
I wake up. (Arms stretch out.)  
You go to bed. (Hands together at side of face.)  
"Sleep well, Moon, you sleepyhead." (Forefinger in front of mouth.)

### **Bear Song**

*Row, Row, Row Your Boat*  
Hug, hug, hug your bear  
Squeeze him very tight  
Hold him high  
Help him fly  
Then hug with all your might.

### **Diddle Diddle Dumpling**

Diddle, diddle dumpling, my son John,  
Went to bed with his stockings on;  
One shoe off and one shoe on,  
Diddle, diddle dumpling, my son John.

### **Time for Bed**

Time for bed, time for bed  
Fluff up the pillow, (make fluffing motions with hands)  
Lay down your head. (palms together, hands to side of face)  
Pull up the blanket, (pull imaginary blanket up to chin)  
Tuck it in tight. (arms down tightly against sides)  
Close your eyes(close eyes)  
And sleep all night. (snore)

### **Wee Willie Winkie**

Wee Willie Winkie runs through town (run fingers across your palm)  
Upstairs (run fingers up arm)  
Downstairs, (run down arm)  
in his nightgown.  
Rapping at the window (knock at the window)  
Trying at the lock (turn hand like opening a lock)  
Are the children all in bed? (shrug shoulders asking a question)  
For now it's 8 o'clock. (tap "watch" on wrist)

### **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,  
*Zzzzzz...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).

### **Twinkle, Twinkle**

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!

### **Are You Sleepy?**

Frère Jacques, Frère Jacques,  
Dormez vous? Dormez vous?  
Sonnez les matines, Sonnez les matines,  
Din, din, don! Din, din, don!

*English Version:*

Are you sleeping, Are you sleeping?  
Brother John? Brother John?

Morning bells are ringing, Morning bells are ringing,  
Ding ding dong, Ding ding dong.

### **Five in the Bed**

There were five in the bed and the little one said, (make #5 with your hands)  
"Roll over! Roll over!" (roll motion with hands)  
So they all rolled over and one fell out (roll motion)  
And bumped his head and shouted out, (knock on head, cup hands around mouth)  
"Please remember to tie a knot in your pyjamas, (tie an invisible knot)  
Single beds are only made for one, two, three, four!" (number 1, 2, 3, 4...)

There were four in the bed and the little one said...  
There were three in the bed and the little one said...  
There were two in the bed and the little one said...

There was one in the bed and the little one said... (clapping to the beat)  
"I've got the whole bed to myself!

### **All Around the Barnyard**

All around the barnyard  
The animals are fast asleep.  
Sleeping cows and horses,  
Sleeping pigs and sheep. (Rest cheek on folded hands)  
Here comes the cocky rooster  
To sound his daily alarm.  
"Cock-a-doodle-doo!  
Wake up sleepy farm!" (Flap arms at sides and crow.)

### **Good Night!**

One fluffy quilt on my bed,  
Two little pillows on my head,  
Three teddy bears to hold tight  
Four kisses from my mom for a restful night,  
Five hugs from my dad,  
And off goes my light,  
Good Night!

### **Sleeping Time**

Down comes the sun  
And up comes the moon.  
It will be sleeping time soon.  
Birds are quiet in their trees.  
Cows and horses rest on their knees.  
Sleepy children are tucked into beds,  
With good night kisses upon their heads.

### **Stars**

At night I see the twinkling stars  
And a great big smiling moon.  
My mommy tucks me into bed  
And sings a good-night tune.

### **To Bed, To Bed**

To bed, to bed  
To sleep the night away  
Up again, up again  
To greet a brand new day.

### **Toora, Loora, Loora**

Toora, loora, loora  
Toora, loora, li  
Toora, loora, loora  
Hush, now, don't you cry  
Ah,  
Toora, loora, loora  
Toora, loora, li  
Toora, loora, loora  
It's an Irish lullaby

Over in Killarney, many years ago  
My mother sang this song to me in tones so sweet and low  
Just a simple little ditty in her good old Irish way  
And I'd give the world if she could sing that song to me  
this day

Toora, loora, loora  
Toora, loora, li  
Toora, loora, loora  
Hush, now, don't you cry  
Ah,  
Toora, loora, loora  
Toora, loora, li  
Toora, loora, loora  
It's an Irish lullaby

### **Brahm's Lullaby**

Lullaby and good night, with roses bedight  
With lilies o'er spread is baby's wee bed  
Lay thee down now and rest, may thy slumber be blessed  
Lay thee down now and rest, may thy slumber be blessed

Lullaby and good night, thy mother's delight  
Bright angels beside my darling abide

They will guard thee at rest, thou shalt wake on my breast  
They will guard thee at rest, thou shalt wake on my breast

*(original German)*

Guten Abend, gute Nacht, Mit Rosen bedacht,  
Mit Naeglein besteckt, schlupf unter die Deck'  
Morgen frueh, wenn Gott will, wirst du wieder geweckt  
Morgen frueh, wenn Gott will, wirst du wieder geweckt

Guten Abend, gute Nacht, Von Englein bewacht  
Die zeigen im Traum, dir Christkindleins Baum  
Schlaf nun selig und suess, Schau im Traum's Paradies  
Schlaf nun selig und suess, Schau im Traum's Paradies

### **Golden Slumbers**

Golden slumbers kiss your eyes,  
Smiles await you when you rise.  
Sleep,  
pretty baby,  
Do not cry,  
And I will sing a lullaby.

Cares you know not,  
Therefore sleep,  
While over you a watch I'll keep.  
Sleep,  
pretty darling,  
Do not cry,  
And I will sing a lullaby.

### **Hush, Little Baby**

Hush, little baby, don't say a word.  
Papa's gonna buy you a mockingbird

And if that mockingbird won't sing,  
Papa's gonna buy you a diamond ring

And if that diamond ring turns brass,  
Papa's gonna buy you a looking glass

And if that looking glass gets broke,  
Papa's gonna buy you a billy goat

And if that billy goat won't pull,  
Papa's gonna buy you a cart and bull

And if that cart and bull turn over,  
Papa's gonna buy you a dog named Rover

And if that dog named Rover won't bark  
Papa's gonna buy you a horse and cart

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

### **Lavender's Blue**

Lavender's blue, dilly dilly,  
Lavender's green  
When you are King, dilly dilly,  
I shall be Queen

Who told you so, dilly dilly,  
Who told you so?  
'Twas my own heart, dilly dilly,  
That told me so

Call up your friends, dilly, dilly  
Set them to work  
Some to the plough, dilly dilly,  
Some to the fork

Some to the hay, dilly dilly,  
Some to thresh corn  
Whilst you and I, dilly dilly,  
Keep ourselves warm

Lavender's blue, dilly dilly,  
Lavender's green  
When you are King, dilly dilly,  
I shall be Queen

Who told you so, dilly dilly,  
Who told you so?  
'Twas my own heart, dilly dilly,  
That told me so.

### **Rock-a-Bye Baby**

Rock-a-bye baby, in the tree top  
When the wind blows, the cradle will rock  
When the bough breaks, the cradle will fall  
And down will come baby, cradle and all.



### **Sleep, Baby, Sleep**

Sleep, baby, sleep  
Your father tends the sheep  
Your mother shakes the dreamland tree  
And from it fall sweet dreams for thee  
Sleep, baby, sleep  
Sleep, baby, sleep

Sleep, baby, sleep  
Our cottage vale is deep  
The little lamb is on the green  
With snowy fleece so soft and clean  
Sleep, baby, sleep  
Sleep, baby, sleep

### **Bunnies' Bedtime**

"My bunnies now must go to bed,"  
The little mother rabbit said.  
"But I will count them first to see  
If they have all come back to me.  
One bunny, two bunnies, three bunnies dear,  
Four bunnies, five bunnies, yes, all are here.  
They are the prettiest things alive,  
My bunnies, one, two, three, four, five."

### **Five Little Monkeys Jumping on the Bed**

Five little monkeys jumping on the bed  
One fell off and bumped his head  
Momma called the doctor and the doctor said:  
"No more monkeys jumping on the bed!"  
Four little monkeys jumping on the bed  
One fell off and bumped his head  
Momma called the doctor and the doctor said:  
"No more monkeys jumping on the bed!"  
Three little monkeys jumping on the bed  
One fell off and bumped his head  
Momma called the doctor and the doctor said:  
"No more monkeys jumping on the bed!"  
Two little monkeys jumping on the bed  
One fell off and bumped his head  
Momma called the doctor and the doctor said:  
"No more monkeys jumping on the bed!"  
One little monkey jumping on the bed  
He fell off and bumped his head

Momma called the doctor and the doctor said:  
"No more monkeys jumping on the bed!"  
No little monkeys jumping on the bed  
None fell off and bumped his head  
Momma called the doctor and the doctor said  
Put those monkeys back in bed!

### **Winkum**

Winkum, winkum, shut your eyes,  
While I sing sweet lullabies,  
For the dews are falling soft,  
Lights are flick'ring up aloft,  
And the moon is peeping over  
Yonder hilltop, capped with clover.  
Chickens long have gone to rest,  
Birds lie snug within their nest,  
And my darling soon will be  
Sleeping like a chickadee;  
For with only half a try,  
Winkum, Winkum shuts her eyes

### **All the Pretty Little Horses**

Hush-a-bye, don't you cry  
Go to sleepy little baby  
Blacks and bays, dapples and grays,  
Coach and six-a-little horses  
Hush-a-bye, don't you cry  
Go to sleepy little baby

### **Beautiful Dreamer**

Beautiful dreamer,  
Wake unto me  
Starlight and dewdrops  
Are awaiting thee  
Sounds of the rude world  
Heard in the day  
Led by the moonlight  
Have all passed away  
Beautiful dreamer,  
Queen of my song  
List' while I woo thee  
With soft melody  
Gone are the cares of  
Life's busy throng  
Beautiful dreamer  
Awake unto me

Beautiful dreamer,  
Awake unto me

### **Sleeping Beauty**

aka: Briar Rose

Written By: Winifred M. Stevens

The fairest maiden ever seen,

Fairest maid,

Ever seen,

Was Briar Rose, the darling of

King and Queen.

The fairies brought her ev'ry gift,

Fairies gave

Ev'ry gift,

'Cept one who told a tragic doom

None could lift.

When fifteen summers she had passed,

Fifteen years

Sweetly passed,

This wicked witch a deep, deep sleep

O'er her cast.

A hundred years she slumbered there,

Hundred years

Slumbered there,

Protected by a briar hedge,

Passing fair.

The finest prince in all the land,

Finest prince

In the land,

Awoke her with a tender kiss,

Claimed her hand.

In love and beauty each one grows,

Day by day

Each one grows

None happier than Prince Charming and

Briar Rose.

## Sensory and Movement Activities

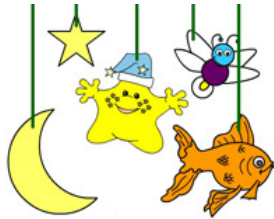
- **Flashlight Tag** — Turn out all the lights in the house and play flashlight hide and seek. Cover the windows and turn out the lights in your house and have fun!
- **Graphs** — Graphing is an easy way to tie in math to "bedtime." Create a chart with headings for things that children do to get ready for bed, such as "brush teeth" "brush your hair" "get on pajamas" and so on. Only list 3-4 different ones. Write (or have children write) their names on a small sentence strip or index card and have them put their name under what they do first. Which one has the most? Which one has the least?
- **PJ Match** — Make several sets of pajama shaped cutouts. Let your children match them by shape, color, size, or anything else they want to

## Craft Ideas

- Have children decorate old pillowcase with fabric paint.



- Make these bedtime themed hanging decorations.  
<http://www.sproutonline.com/sprout/birthday-party-center/detail.aspx?id=05278407-525b-4d4e-96b4-9ca400d393ed&r=Party>



- Have the children design pajamas for their teddy bear.



- Make this moveable teddy bear:  
[http://www.craftsforkids.com/projects/teddy\\_bear.htm](http://www.craftsforkids.com/projects/teddy_bear.htm)



- Create a star puppet to hold while singing “Twinkle, Twinkle, Little Star.”



- Make a star mobile.



- Make a “milk and cookies” necklace.



- Make a crazy quilt from construction paper scraps.

