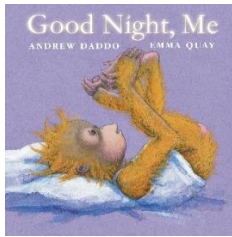


Tinies Time Sleep Kit Contains

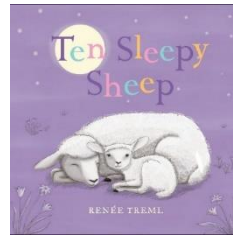
Books



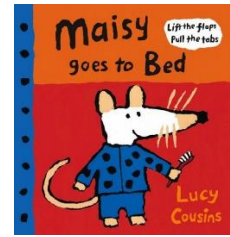
Good Night, Me by Andrew Daddo



Time for Bed by Mem Fox



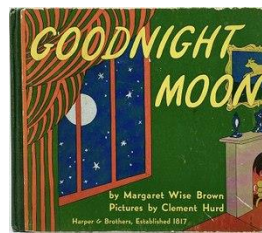
Ten Sleepy Sheep by Renee Tremblay



Maisy Goes to Bed by Lucy Cousins



Goodnight, Goodnight Construction Site by Sherri Duskey Rinker

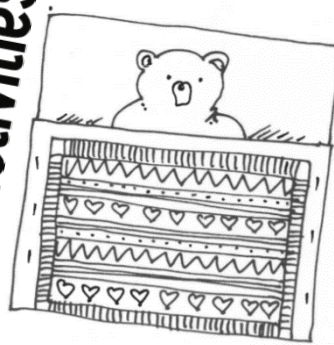


Goodnight Moon by Margaret Wise Brown

Songs and Rhymes

- Dingle, Dangle Scarecrow
- Five Little Monkeys
- Hey Diddle Diddle
- Rock a Bye Your Bear
- Row, Row Your Boat
- Six Teddy Bears
- Sleeping Bunnies
- Star Light, Star Bright
- Teddy Bear Song
- Twinkle Twinkle Little Star
- Wee Willie Winkie
- You Are My Sunshine

Activities



Songs and Rhymes

DINGLE, DANGLE SCARECROW

When all the cows were sleeping,
and the sun had gone to bed.

Up jumped the scarecrow,
and this is what he said:

I'm a dingle, dangle scarecrow,
with a flippy, floppy hat.

I can shake my hands like this,
and I can shake my feet like that.

When all the hens were roosting,
and the moon behind a cloud.

Up jumped the scarecrow,
and shouted very loud:

I'm a dingle, dangle scarecrow,
with a flippy, floppy hat.

I can shake my hands like this,
and I can shake my feet like that.

FIVE LITTLE MONKEYS

Five little monkeys, jumping on the bed.

One fell off and bumped their head.

Mama 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 their head.

Mama 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 their head.

Mama 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 their head.

Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

One little monkey, jumping on the bed.

They fell off and bumped their head.

Mama called the doctor and the doctor said,
"Put those monkeys right to bed!"

HEY DIDDLE, DIDDLE

Hey diddle, diddle, the cat and the fiddle,
the cow jumped over the moon.

The little dog laughed to see such fun,
and the dish ran away with the spoon!

ROCK A BYE YOUR BEAR

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),
and then you turn around (turn).

Hands in the air (hands up),
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),
shh shh shh.

Bear's now asleep (sleep motion),
shh shh shh.

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),
and then you turn around (turn).

Hands in the air (hands up),
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),
shh shh shh.

Bear's now asleep (sleep motion),
shh shh shh.

Reference song: <https://www.youtube.com/watch?v=QMte8BFCqfY>

ROW, ROW, ROW YOUR BOAT

Row, row, row your boat,
gentle down the stream.

Merrily, merrily, merrily, merrily,
life is but a dream!

SIX TEDDY BEARS

Six teddy bears, asleep in the bed.

Six teddy bears with sleepy heads.

One teddy bear fell out of bed.

How many teddy bears were there?

Five teddy bears, asleep in the bed.

Five teddy bears with sleepy heads.

One teddy bear fell out of bed.

How many teddy bears were there?

Four teddy bears, asleep in the bed.
Four teddy bears with sleepy heads.
One teddy bear fell out of bed.
How many teddy bears were there?

Three teddy bears, asleep in the bed.
Three teddy bears with sleepy heads.
One teddy bear fell out of bed.
How many teddy bears were there?

Two teddy bears, asleep in the bed.
Two teddy bears with sleepy heads.
One teddy bear fell out of bed.
How many teddy bears were there?

One teddy bear, asleep in the bed.
One teddy bear with a sleepy head.
One teddy bear fell out of bed.
No more teddy bears in the bed!

SLEEPING BUNNIES

See the little bunnies, sleeping til it's noon.
Can we wake them with a merry tune?
Oh how still, are they ill?
Shhhhhhhh.
Wake up, wake up, wake up sleeping bunnies.
Wake up, wake up, wake up sleeping bunnies.
Hop little bunnies,
hop, hop, hop.
Stop little bunnies,
stop, stop, stop.

STAR LIGHT, STAR BRIGHT

Star light, star bright.
The first star I see tonight.
I wish I may, I wish I might,
Have the wish I wish tonight.

TEDDY BEAR SONG*

**could use teddy bear puppets made during the session when singing*

Teddy bear, teddy bear, turn around.
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, reach up high.
Teddy bear, teddy bear, touch the sky.
Teddy bear, teddy bear, bend down low.
Teddy bear, teddy bear, touch your toe.

Teddy bear, teddy bear, turn around.
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, brush your hair.
Teddy bear, teddy bear, turn off the light.
Teddy bear, teddy bear, say goodnight.

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!

WEE WILLIE WINKIE

Wee Willie Winkie runs through the town.
Upstairs and downstairs, in his nightgown.
Rapping at the window, crying through the lock,
“Are the children in bed yet?
Now it’s eight o’clock!”

YOU ARE MY SUNSHINE

The other night, dear,
as I lay sleeping,
I dreamed I held you,
in my arms.
When I awoke, dear,
I was mistaken,
so I hung my head and I cried.

You are my sunshine,
my only sunshine.
You make me happy,
when skies are gray.
You’ll never know dear,
how much I love you.
Please don’t take my sunshine away.

I’ll always love you,
and make you happy.
And nothing else could come between.
But if you leave me to allow another,
you’ll have shattered all of my dreams.

You are my sunshine,
my only sunshine.

You make me happy,
when skies are gray.
You'll never know dear,
how much I love you.
Please don't take my sunshine away.

Activities

BEDTIME HIGH 5

Materials:

- Coloured paper – A3 and/or A4
- Textas/pencils
- Scissors
- Glue

Method:

1. Trace child's hand on piece of A4 coloured paper.
2. Cut out hand shape.
3. Glue hand shape onto the bottom half of a piece of coloured A3 paper.
4. Use textas or pencils to write 'Bedtime High 5' on top half of A3 paper.
5. On each finger/above each finger, write down 5 important things to do before going to sleep each night.

Example:



WHERE'S TIM'S TED?

Materials:

- Envelopes with items from a bedroom inside
- Teddy bear
- Picture of teddy bear
- Bear prints

Method:

1. Show the picture of the teddy bear and explain that Tim has lost his Ted and needs help to find him!
2. Get the children into a circle and hand each an envelope.
3. Sing the chant - "Tim's Ted, Tim's Ted, where is he? Have you got Tim's Ted?"
4. Point to a child and ask them what they are hiding in their envelope.
5. Once revealed, repeat steps 2 and 3 until you have found Tim's Ted.
6. But if no one was hiding Tim's Ted in their envelope, maybe they need to find some bear prints that could lead them to Tim's Ted?

BROWN BEAR PUPPET

Age: Tinies Time

Materials:

- Brown paper bag
- Light brown paper and dark brown paper
- Googly eyes (or textas to draw)
- Pom poms (or textas to draw)
- Glue
- Scissors

Method:

1. Ensure each child has 1 piece of each material.
2. Parents/carers will need to help child cut out 2 ears (small circles) and a nose (bigger circle) from either the dark or light brown paper, using the opposite colour for the face (large circle).
3. Parents/carers will need to assemble the bear and glue everything together (or glue the paper and draw on the eyes and nose).
4. Children could use their puppets while singing the Teddy Bear Song.

Example:



This option can be made with less materials; families could simply draw on the paper bag to make their puppet.



PUT TED TO BED

Age: Tinies Time

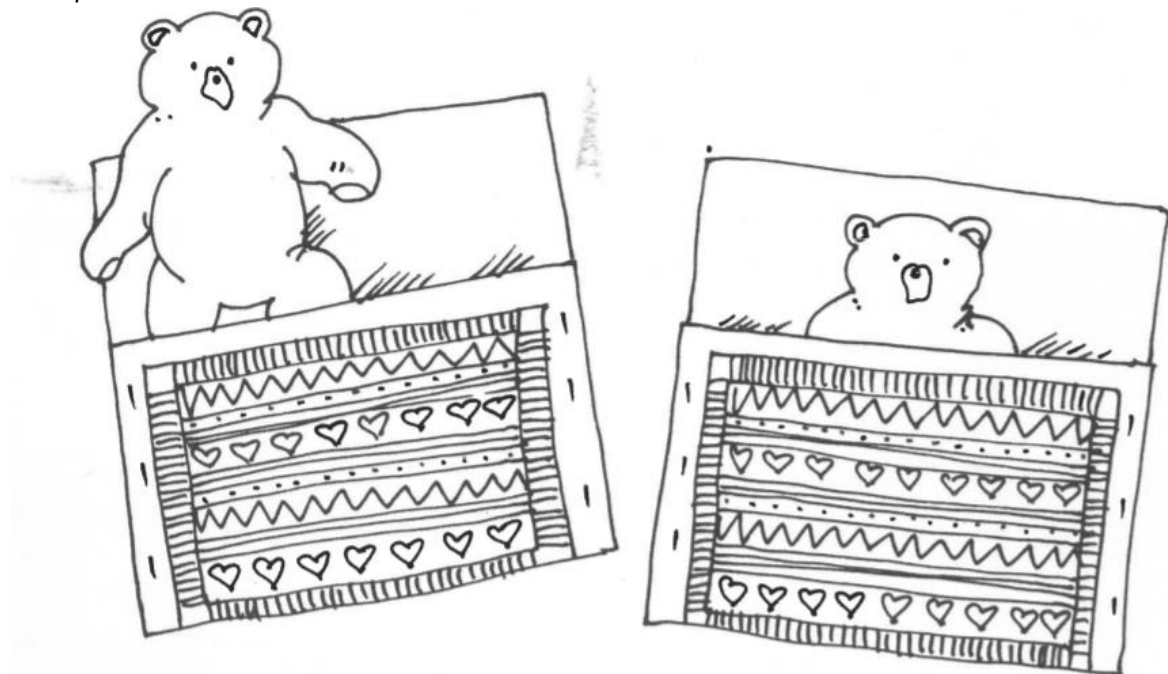
Materials:

- Template
- Textas/pencils
- Scissors
- Stapler
- Staples

Method:

1. Allow children time to colour in their bear and his blankets.
2. Fold blanket along the dotted line. Parents/carers will need to staple the bed on either side.
3. Get parents/carers to cut out bear.
4. Pop bear into his bed.

Example:



ROUND AND ROUND THE GARDEN WITH MAKKA PAKKA

Age: Tinies

Materials:

- Template
- Pencils/textas

Method:

1. Guide adults through the worksheet with children participating with the round and round the garden song.
2. Allow children to colour Makka Pakka.

Example:

