

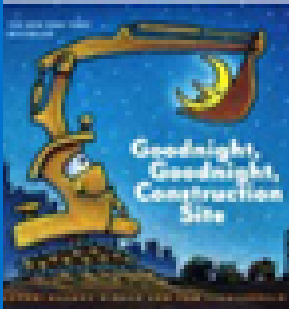
DIY Storytime Kit

Bedtime

Ages 3 - 7



Materials



Goodnight, Goodnight Construction Site
Tumblebooks



Fiona, it's Bedtime
Hoopla

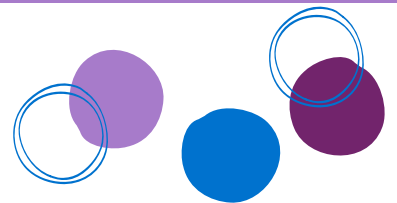
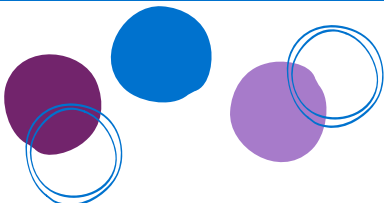


Baby Hippo Fiona's Special Moments:
Videos from the Care Team - Cincinnati Zoo
YouTube

Rhyme

Teddy Bear, Teddy Bear

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 toes,
Teddy bear, teddy bear, go to bed,
Teddy bear, teddy bear, rest your head,
Teddy bear, teddy bear, turn out the lights,
Teddy bear, teddy bear, say "good night."



Activities

A routine at bedtime is more important than ever in these uncertain times. Talk with your child and come up with your own special routine.

What makes your child feel safe and secure at bedtime? Stories, songs, cuddles, talking about what's on their mind?

Check out these suggestions for the "4 B's of Bedtime" from [Healthychildren.org](https://www.healthychildren.org).

Try these Goodnight, Goodnight Construction Site activities from the author, Tom Lichtenheld.

