

# Sleep

## Adventures in Reading:

*Family Literacy Bags from Reading Rockets*

### Contents:

- Two books – one fiction, one nonfiction or concept book
- Parent information sheet
- Three activity sheets
- Bookmark
- Parent survey

## for teachers and librarians



*This Reading Rockets activity packet has been designed to support reading activities at home. We've chosen a fiction and nonfiction book about food, appropriate for a kindergarten listening level, and created activities to encourage some hands-on fun and learning. The packet has been designed for you to assemble and send home with your kindergarten students. The books and instructions should all fit in a two gallon zip top bag.*

Reading Rockets carefully chose books that are widely available and appealing to young readers. The titles selected should be available in your school library. If the suggested titles are not available, or you prefer another title, feel free to substitute books related to the theme. You'll find our list of suggested titles included in bookmark format.

The featured books are ***Time to Sleep*** by Denise Fleming and ***Animals Don't Wear Pajamas*** by Eve Feldman. In *Time to Sleep*, Bear and his animal friends help each other get ready for winter and hibernation. In *Animals Don't Wear Pajamas*, Feldman introduces children to the way that 16 different animals get ready to sleep every day. The parent information sheet includes an introductory note that you can personalize, instructions about how to use the packet, and tips for sharing fiction and nonfiction books with children.

The activities were designed to encourage further exploration and learning at home:

- >> The Creativity activity is a hands-on craft project.
- >> The Imagination activity encourages imaginative play, writing, or drawing.
- >> The Get Real activity focuses on real-world experiences a child and parent can have together.

The bookmark lists both the featured title and additional titles.

### Putting it all together

Print out copies of the parent information sheet, the activities, the survey, and a master for making bookmarks from your computer. Cut the bookmark page into strips. You may wish to print the activity pages and bookmark on card stock for durability.

Into a two gallon zip top bag, place:

- >> two books – one fiction and one nonfiction
- >> parent information sheet
- >> three activity pages
- >> bookmark
- >> survey for parents to complete when they have finished using packet with their child.

Send the packet home with your student. Encourage parents to keep the parent information sheet, the activities, and bookmark, and return the books and survey to you by the date you specify.

Let Reading Rockets know what you think of the family activity packets by e-mailing us through our website: [www.readingrockets.org/sitecontact](http://www.readingrockets.org/sitecontact). Click on "Family Literacy Bags."

## ADVENTURES IN READING!

# Welcome

Dear \_\_\_\_\_

Exploring new ideas and enjoying books with you sends a powerful message to your child: Reading and learning are fun, and happen everywhere – not just at school. This Reading Rockets activity packet about **Sleep** was created to help you and your child enjoy reading and learning together.

Start your learning adventure by reading some books with your child about this popular topic. Then explore the topic with three activities. Enclosed you'll find what you need:

- >> two books to share with your child
- >> three related activities
- >> bookmark with a list of other books to extend the fun, if you wish,
- >> short survey to tell me if you enjoyed using the packet

The simple steps on the back explain how to use the packet.

The bookmark, this parent information sheet, and the activities are yours to keep.

When you've finished with the materials, please return the books and the completed survey to school in your child's backpack. Please return the Reading Rockets activity packet by \_\_\_\_\_.

I hope you'll enjoy reading and learning together!

***To learn more about children's books, reading with your child, and information about helping kids become confident readers, please visit [www.ReadingRockets.org](http://www.ReadingRockets.org).***



# ADVENTURES IN READING!

# Instructions

## *How to use your Reading Rockets Activity Packet*

### Getting ready

1. Before you read the books to your child, be sure to read them yourself. One book is fiction – a “make believe” story. The other book is nonfiction, or informational and true. Reading the books first will give you the “inside scoop” to the twists and turns of the story, the interesting information inside, and the parts of the books that will appeal most to your child.
2. Next, read the three activities to see which of them you think your child will enjoy most, and which one you have the time and materials on-hand to do right away. Chances are, after you read one (or both) of the books with your child, he or she may want to do an activity right away.

### Start the fun

3. When you know you'll have at least enough time to read and talk about one of the books, grab your child and a book, and dive right in. Start with the fiction book. Talk about the cover of the book with your child — can they guess what it is about? Have they ever read a book by the same author or illustrator or about the same topic? Read the book to your child. Take time to ask and answer questions, explore the pictures, and wonder what will happen next. Read it again, if your child asks you to. Then, try the other book or one of the activities.
4. When you read the nonfiction book, take a moment to explain to your child the difference between the two types of books. *Time to Sleep* tells a made-up, make-believe story, but a nonfiction book like *Animals Don't Wear Pajamas* is filled with facts about the real world. The information in nonfiction books can answer lots of questions.
5. Feel free to pick and choose from the activities, or change them to suit your child's interests. Read the books again over the next few days and try different activities. Most important: have fun!

### When you're done...

6. Keep the bookmark, the activities, and this page. Complete the survey and return it with the books to your child's school. Visit a library and look for some of the other books on the bookmark. Make the most of the excitement the books create, and try some hands-on learning or make-believe fun. Exploring new ideas along side you lets your child see you learning — and reading — too, and gives your child personal experiences to support his or her growing knowledge.

### Tips for reading fiction books with kids:

- >> *Take your time and talk about the story with your child. Ask your child questions.*
- >> *Explore the pictures with your child.*
- >> *Read with expression. Change your voice or how fast you read to create excitement. Ham it up!*
- >> *You don't need to read every word. Keeping your child interested is the goal.*

### Tips for reading nonfiction books with kids:

- >> *Wonder out loud. As you are reading, or afterward, talk about facts you find interesting or questions you have.*
- >> *Show your child how to use the table of contents, section headings, index, glossary or word list to find the answer to a specific question.*
- >> *Don't be afraid to jump around, reading pages that especially interest your child. You don't have to read a nonfiction book straight through.*



## sweet dreams!



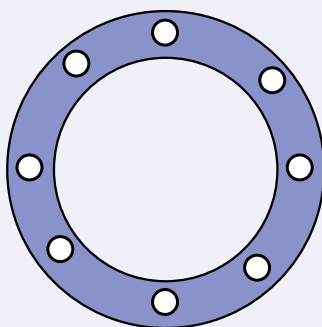
*Dream catchers are a Native American traditional craft. Legend says that, when hung above a bed, bad dreams are caught in the web and only good dreams are allowed to pass to the sleeper below.*

**Supplies**

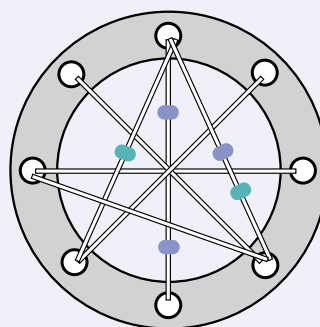
- >> Paper plate
- >> Yarn
- >> Scissors
- >> Hole puncher
- >> Colored beads and feathers, markers or crayons (optional)

**Instructions**

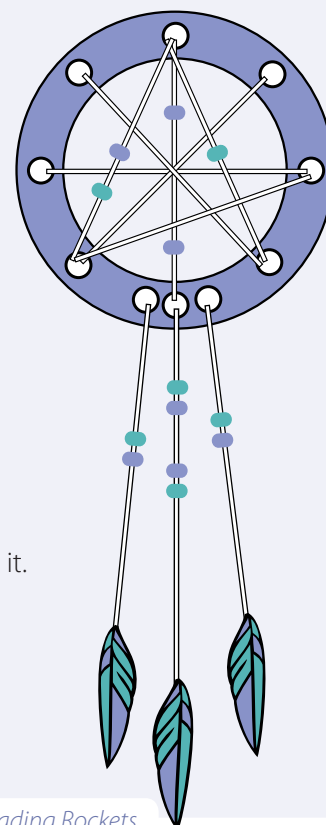
- >> Cut a circle out of the center of the paper plate, leaving the rim of the paper plate to make a ring.
- >> *Optional:* Paint or color the paper plate ring to decorate. Wait until dry to continue.
- >> Punch holes around the paper plate ring every 1-inch.
- >> Weave the yarn in and out of the holes of the paper plate creating a web shaped design.
- >> *Optional:* String a few colored beads onto the yarn as you weave it back and forth. Punch 3 holes across the bottom of the ring. Tie a piece of yarn to dangle from each hole. Tie feathers to each end of the yarn.
- >> Punch a hole at the top of the dream catcher. Put a piece of yarn through the hole and tie it creating a loop from which to hang the dream catcher above your bed.



front



back



Talk to your child about her dreams. What was her favorite dream? What was her scariest dream? Before your child goes to sleep at night, talk about what she would like to dream about. Make up a story about it.

# get your 40 winks



*Our bodies need rest after it works. Our legs feel tired when we ride our bike, our arms are tired after carrying a heavy bag of groceries and even our lungs feel tired after running very fast.*

*Our brain works hard all the time and it needs rest, too. When we are awake, our brain helps us pay attention to the world around us. It takes more energy to be awake than to be asleep. Sleeps gives our body and brain the rest that it needs.*

## Give your body a rest

Do this experiment together with your child to demonstrate what happens to our bodies when we rest:

- >> When your child is calm and resting, help them count their pulse during a one-minute interval.
- >> Write down the number of beats counted.
- >> Then have your child get up and do an active movement like jumping jacks, running, or hopping for several minutes.
- >> Once again, help your child count his pulse during a one-minute interval.
- >> Compare the rate of your child's pulse when resting to when active.

## Sleep signs

Our bodies need sleep just as much as we need food and water. When we are hungry and our bodies need food, our stomach might rumble. When we are thirsty and need water, our mouth might feel dry. When we get tired, our body sends signals to let us know that it is time to sleep.

Help your child make observations about what happens when she gets tired. When it draws close to bedtime, ask your child how she feels. What are the signs her body gives that tell her that it is time to rest? (yawning, drooping eyelids, or a "heavy" head).

## Winter sleep

The darkness of night is a sign to us that it is time to rest. In Denise Fleming's book, *Time for Sleep*, all the animals recognize signs in nature that tell them it is time to rest for the winter, or hibernate. **Ask your child about the signs in autumn that tell hibernating animals it is time to sleep.** If you live in a place where there are cold winters, do you stay indoors and wear lots of layers to keep warm? How is that like hibernation?

Get a close-up look at hibernating bears in their winter den on this website:

<http://www.bear.org/website/visit-us/lily-den-cam.html>

Learn more about hibernation and how animals like bats, frogs, squirrels, and bears hibernate, on the BrainPOP website: <http://www.brainpopjr.com/science/animals/hibernation/>

# nests and masks



*Gorillas build themselves a new bed every night with surrounding twigs, leaves, and branches. Hibernating animals prepare cozy places to spend the winter.*

## Sleep like the animals!

Hibernating animals prepare cozy places to spend the winter. Invite your child to use blankets, pillows and pieces of furniture to create a cozy den of his own.

Imagine that the cold and snowy conditions outside will keep you from leaving your shelter. Collect items to take into your nest with you.

- >> How will you stay comfortable and warm?
- >> What supplies will you store up in case you need a snack?
- >> How will you pass the time when you are awake?

*For a real-life experience, camp out in your den for the night!*

Gorillas build themselves a new bed every night with surrounding twigs, leaves and branches. What is your bedtime routine? Make a list with your child of the things that you do before going to bed at night. Your child can create a drawing for each of his nighttime routines and you can tape the pieces of paper together to create a bedtime "quilt" to hang on the wall. Don't forget the bedtime story!

## Act like the animals!

Denise Fleming created patterns and instructions to make paper craft animals (bear, ladybug, skunk, snail, turtle, and woodchuck) from the characters of her book, *Time to Sleep*.

Read the book with your child and then make one of the paper craft animals. Use them to act out the story that you read together.

See all of Denise Fleming's wonderful animal activities on her website: <http://denisefleming.com/pages/activites-sleep.html>

# TIME TO SLEEP

by DENISE FLEMING

Published by Henry Holt and Company

## BEAR

### INSTRUCTIONS

1. Cut on **dotted** lines. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.
3. Line up point **C** with **D** and staple.
4. Fold nose down along solid line.



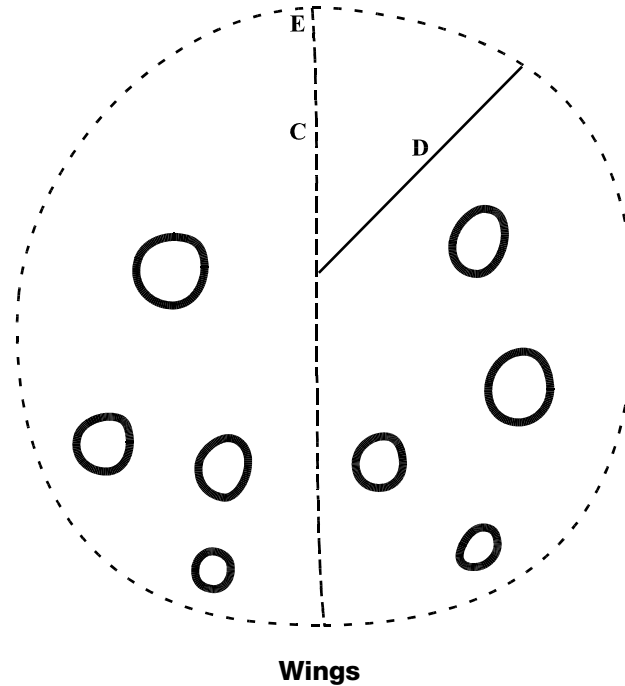
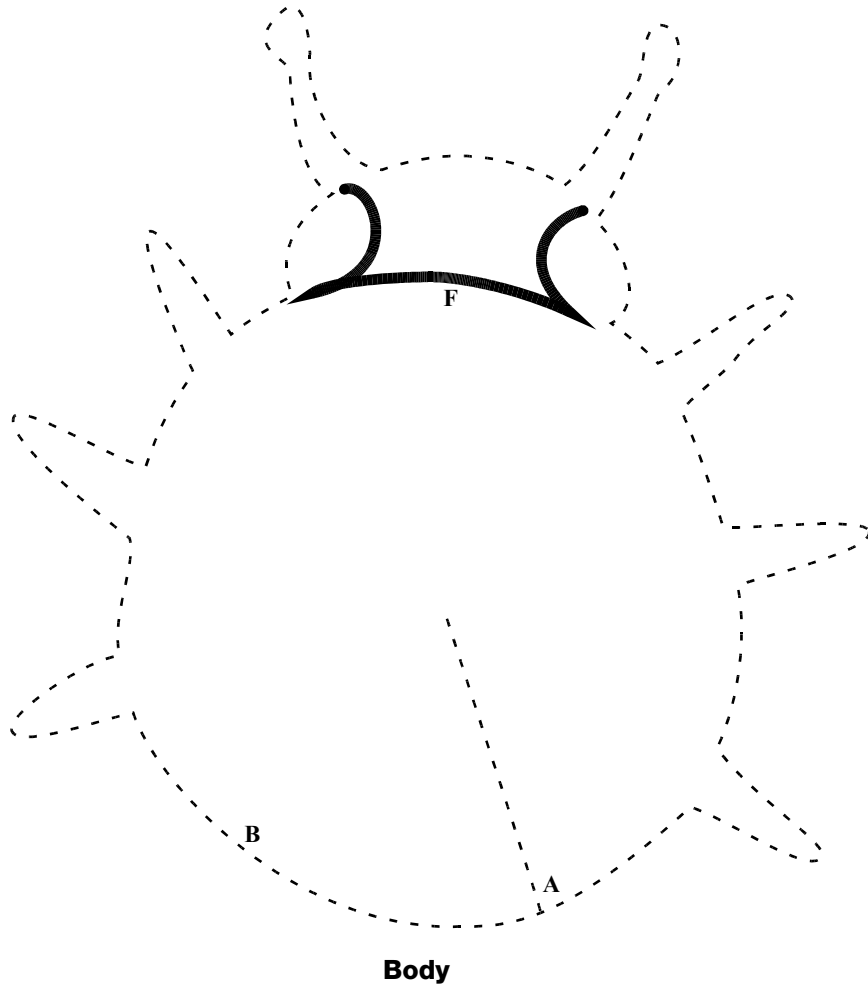


# TIME TO SLEEP

by DENISE FLEMING

Published by Henry Holt and Company

## Ladybug



### INSTRUCTIONS

#### Body

1. Cut on **dotted** lines. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.

#### Wings

3. Line up line **C** with line **D** and staple.
4. Line up **E** on Wings with **F** on Body and staple.



# TIME TO SLEEP

by DENISE FLEMING

Published by Henry Holt and Company

## Skunk

### INSTRUCTIONS

1. Cut on **dotted lines**. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.
3. Line up point **C** with **D** and staple.
4. Fold nose down along solid line and fold ears up.



# TIME TO SLEEP

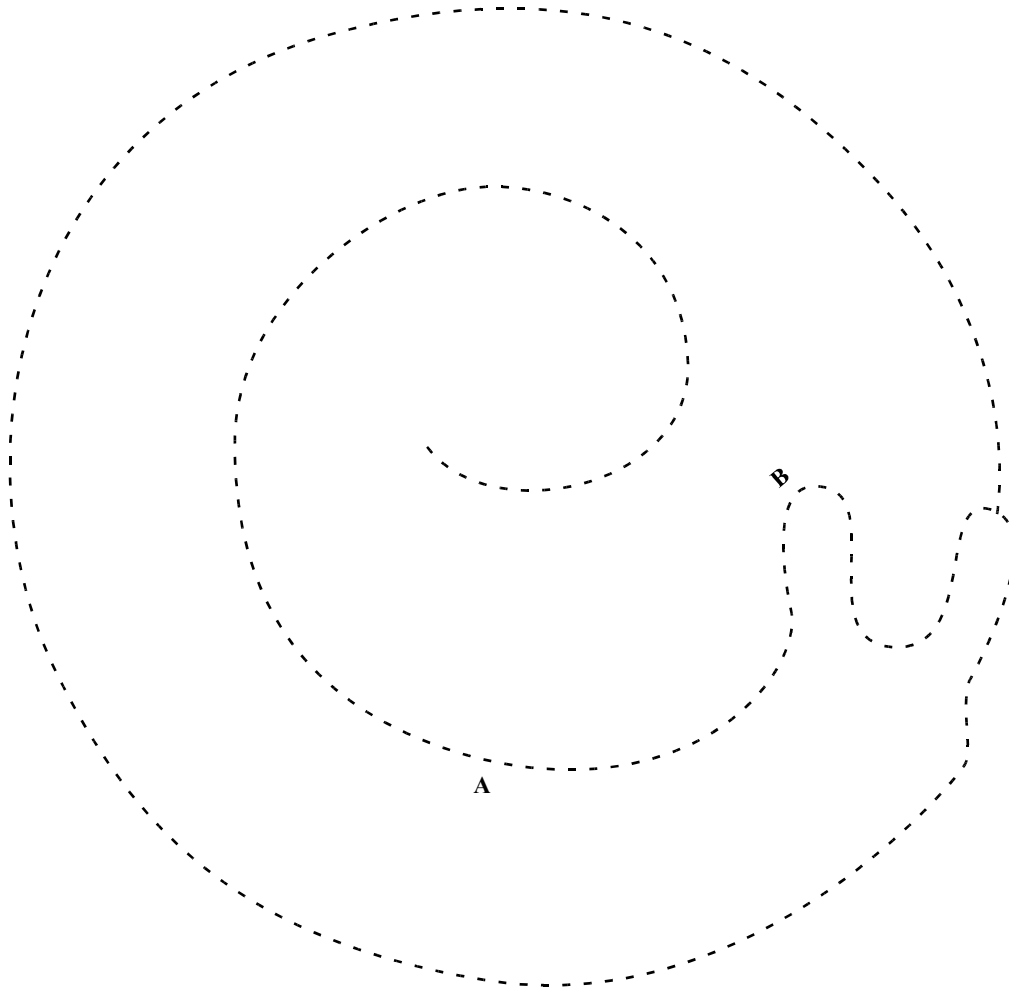
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## Snail

### INSTRUCTIONS

1. Cut on **dotted** lines. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.



# TIME TO SLEEP

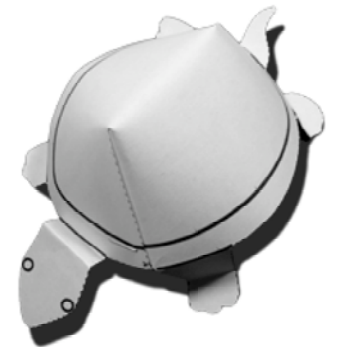
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## Turtle

### INSTRUCTIONS

1. Cut on **dotted lines**. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.
3. Line up point **C** with **D** and staple.
4. Fold head and legs as desired.



# TIME TO SLEEP

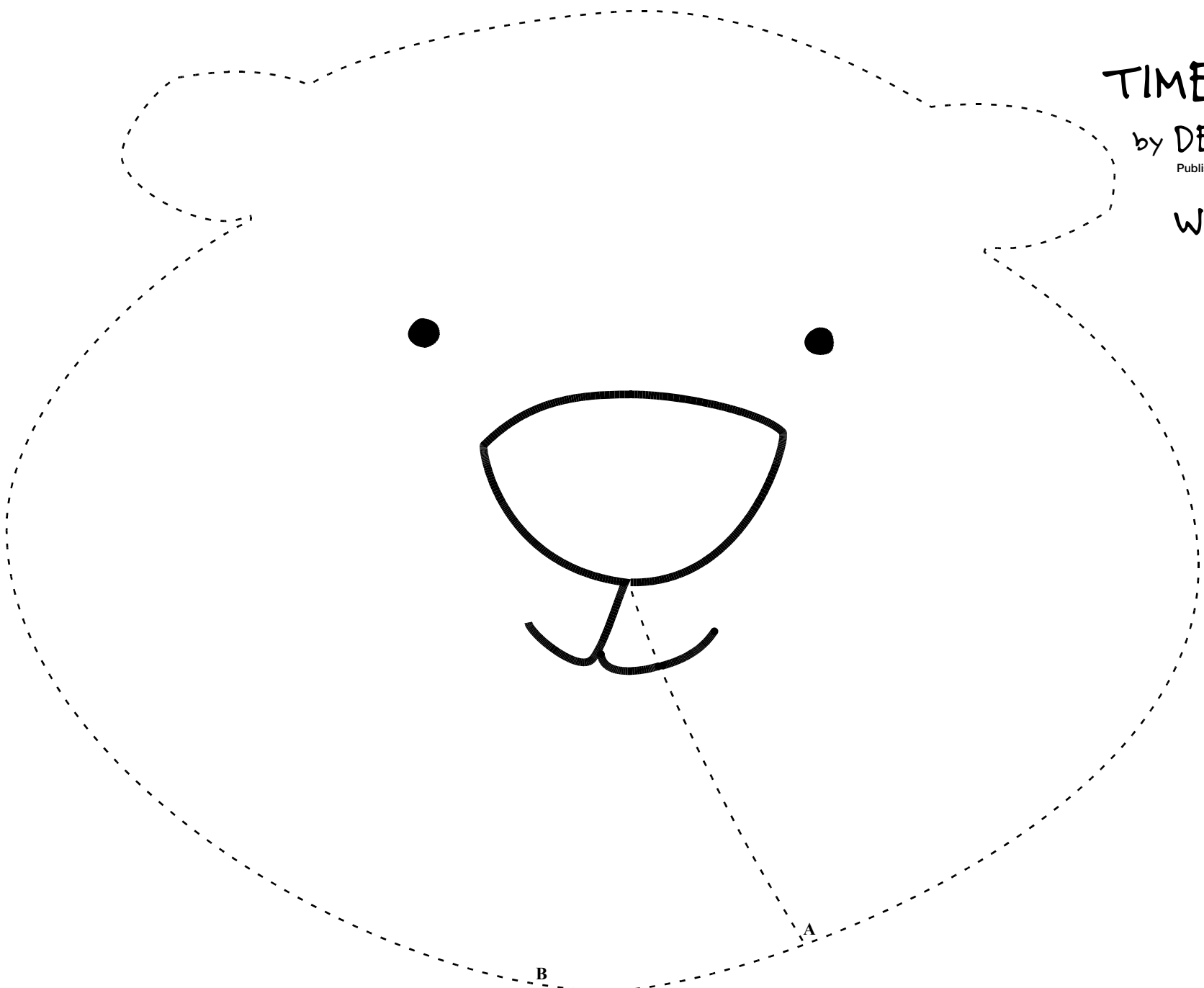
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## Woodchuck

### INSTRUCTIONS

1. Cut on **dotted** lines. **Do not cut solid lines.**
2. Line up point **A** with point **B** and staple.





# SLEEP



## Featured titles

### Fiction

*Time to Sleep*  
by Denise Fleming

### Nonfiction

*Animals Don't Wear Pajamas*  
by Eve Feldman

### Additional fiction titles

*Dr. Seuss' Sleep Book*  
by Dr. Seuss

*Sleep, Black Bear, Sleep*  
by Jane Yolen

*When I'm Sleepy*  
by Jane Howard

*Old Bear*  
by Kevin Henkes

*Bear Dreams*  
by Elisha Cooper

### Additional nonfiction titles

*Sleep Is for Everyone*  
by Paul Showers

*A Den Is a Bed for a Bear*  
by Becky Baines

**Adventures in Reading:**  
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