

# Everyday Activities



Book Guide for  
**Bedtime**  
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## **Supplies Needed:**

*Bedtime*, paper, stapler, glue, camera & film (optional)

## **Before Reading:**

Ask your child to name something he does every night before he goes to bed.

## **During Reading:**

Point to the words while reading. After each page ask your child if he does or does not do that activity before his bedtime. Ask your child how the hamster is feeling on each page and ask your child why the hamster is feeling that way. Ask your child to name things that make him mad and to name things that make him happy.

## **After Reading:**

Ask your child to name things he does in the morning when he wakes up. Ask your child to name which morning things make him feel happy and which morning things make him feel sad.

Either draw or take pictures of your child doing things to get ready in the morning or for bed and make a book of it. On each page of the book write a simple sentence or phrase using your child's name to describe what is happening on that page. For example: John is brushing his teeth.

## **Related Reading:**

*Goodnight Moon*

By: Margaret Wise Brown

*Time for Bed*

By: Mem Fox

*Five Little Monkeys Jumping on the Bed*

By: Eileen Christelow

*Wake Up, Big Barn!*

By: Suzanne Chitwood

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