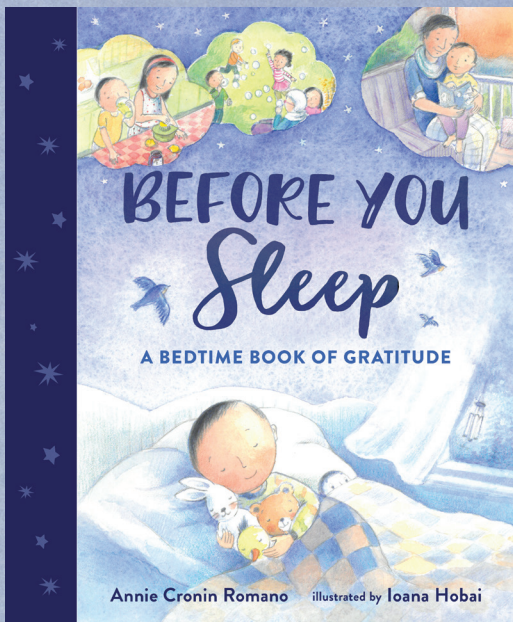


HC: 978-1-62414-578-0



# BEFORE YOU Sleep

## Activity Kit

Create a bedtime ritual by encouraging little ones to give thanks for the wonderful things you have seen, heard, tasted, felt, and smelled each day. Filled with cozy illustrations of simple, homey pleasures, this gentle rhyming story is the perfect way to tuck in your senses “snug to rest” before you go to sleep.

Debut author Annie Cronin Romano and debut illustrator Ioana Hobai have created a bedtime classic as timeless and comforting as fresh-baked cookies and a glass of milk, a familiar lullaby, a cozy night light, and your softest blanket.

Settle in for a peaceful program filled with cozy rhymes and thoughtful activities, with a focus on thankfulness, bedtime routines, and meaningful, end-of-day interactions between a caregiver and child.

### A Sense Seek-and-Find

In this seek-and-find focused on the five senses, reading comprehension is the star of the show! Have kids read the clues and follow the directions themselves, or complete the activity as a group.

### Tuck-In Time

Our senses work hard for us throughout the day! Taking a moment to think about the day through sight, sound, touch, taste, and smell can help with memory recall, and be a moment for gratitude. This simple, fill-in-the-blank activity is the perfect tool for kids and caregivers interested in adding a calming activity to their bedtime routine.

### Before YOU Sleep

As a group, talk about all the cozy ways to settle down before bed. Some people read stories, others sing lullabies. Some people like a nightlight, and others can only sleep if it is very, very dark. Sometimes rooms are shared with siblings or pets. Give the kids a moment to illustrate what their bedroom looks like before they sleep. A perfect way to end the program— or the day!





# A Sense Seek-and-Find

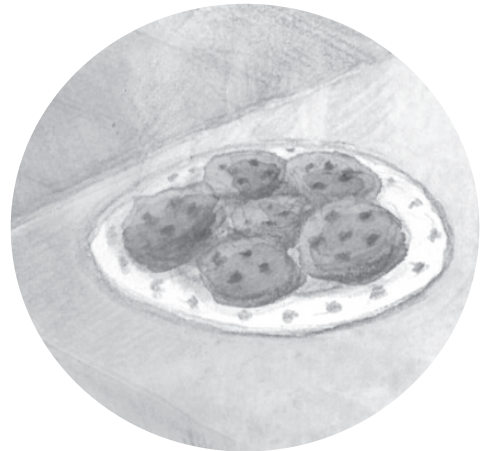
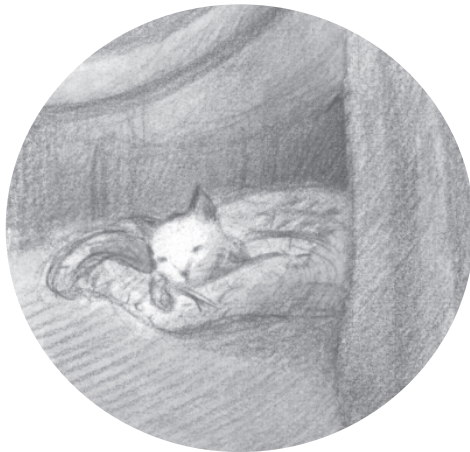
Draw a circle around something that tastes sweet.

Draw a triangle around something that smells nice.

Do you see something that chirps and tweets? Color it in!

Draw a square around something that would feel very soft.

What picture is left? How would it taste?



# Tuck-In Time

Eyes, ears, mouth, nose—they have had so many adventures today! A good way to settle down and get sleepy is to think about how each sense added to your day.

Write or draw your answers in the boxes below.

What did you see today?

What did you hear today?

What did you smell today?

What did you taste today?

What did you feel today?



# Before YOU Sleep

Everyone settles down for sleep differently. Some people like to read a story, and others like to listen to music. What is your favorite thing to do before bed? Draw it below!

