

Learning at Home

Bedtime



Math

- When is your bedtime? What would be the time 2 hours before that time? 4 hours after that time?
- How many hours will you sleep? What time will you wake up in the morning?
- Estimate how long your bed is in inches and then in feet. Use one of your shoes to measure the height of the bed.
- How many stuffed animals are on your bed? If you added 7 more, how many would there be?
- How many windows are in your room? Is that number even or odd?

Vocabulary & Discussion Topics

- Discuss the meanings of the following words: **comforter, comfortable, slumber, and evening.**
- Bedtime is a compound word. What other compound words do you know? Discuss their meanings.
- Discuss why our bodies need rest. What would happen if we didn't get enough rest?
- What gives us light during the night?
- Animals who are awake at night are called nocturnal animals, and animals that are awake in the day are diurnal animals. What are some of these animals?
- Why do most people sleep at night instead of during the day?
- Why would someone need to sleep during the day?

Most importantly...**HAVE FUN!**

Reading and Writing Connections

- Read your child a bedtime story. Have your child read parts of the book to you.
- Create a different ending to a familiar bedtime story with your child.
- Create a new bedtime story. Have your child write it and/or illustrate it over the next few days.

Books to Listen To

- Goodnight Moon by Margaret Wise Brown <https://youtu.be/Rg3wI0OPRe0>
- The King Who Banned the Dark by Emily Haworth-Booth <https://youtu.be/3Uz7yHs6RU8>
- Sleepyheads by Sandra Boynton <https://youtu.be/hMg80RmpmJc>