Learning at Home

Bedtime

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!

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?

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/Rg3wlOOPRe0]
- The King Who Banned the Dark by Emily Haworth-Booth [https://youtu.be/3Uz7yHs6RU8]
- Sleepyheads by Sandra Boynton [https://youtu.be/hMg80RmpmJc]