

I am Not Sleepy and I Will Not Go to Bed

by Lauren Child

Going to bed is not always fun, especially when a younger sibling throws up so many obstacles.



Read

Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *What is your bedtime routine?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder why the little girl is jumping up and down?

During:

Encourage the children to comment on the illustrations, ask questions, and predict what will happen next in the story. Children gain confidence and a sense of achievement through being able to correctly predict how a story will end. Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

Rare Words in *I am Not Sleepy and I will Not Go to Bed*

- wriggling: to twist and turn
- chattering: to talk rapidly
- perky: lively and cheerful
- cross: feeling or indicating anger
- grubby: slightly dirty
- shooed: to wave away, used to get animals to leave
- hippopotamus: large African mammal with thick gray skin and a wide mouth

After:

Discuss the story. Ask questions...

- Why is getting Lola to bed a hard job?
- What does Lola like to do instead of going to bed?
- What kind of milk does Lola like?
- What animal did Lola see brushing his teeth?
- Why doesn't Lola want to take a bath?
- Who was wearing Lola's pajamas?
- What did Lola say was in her brother's bed?
- Did Lola ever go to bed?

Do

My Bedtime Routine

After reading the story, talk about the different kinds of bedtime routines each child does at night. Hand out the *My Bedtime Routine* calendar and allow the children enough time to color and cutout all the different routine squares. Help them glue the squares in the order of their own routine. If there is not a square for something in their routine, they can draw a picture representing their task.

Extra Activity

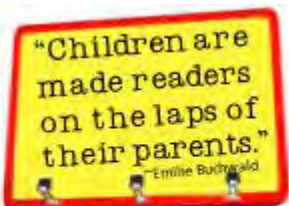
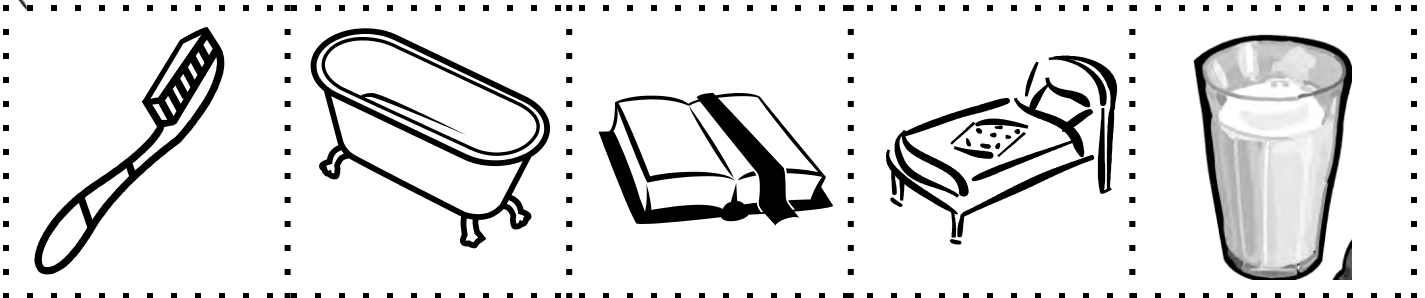
If desired, you could laminate the calendars and send them home. The children can use the calendars at night to help them with their bedtime schedule.

My Name: _____

My Bedtime Routine

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