

Kitty Cat, Kitty Cat, Are You Going to Sleep?

by Bill Martin Jr. and Michael Sampson

A simple rhyming story, filled with full-page color art, which sweetly conveys the struggle many parents have when trying to stay on a bedtime schedule.



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, *Everyone has a different bedtime routine. What do you do before you go to bed?* 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 what else the kitty cat sleeps with?

During:

Encourage the children to comment on the illustrations, ask questions, and predict what will happen next in the story. Ask the children to try and remember as you read which animal crawled in the mitten first, second, and so on.

After:

Discuss the story. Ask questions...

- What does the mother cat want the kitty cat to do?
- What did the kitty cat want to play?
- Why didn't the kitty cat want to take a bath?
- What did the kitty cat do instead of putting on her night clothes?
- What was the name of the bedtime book?
- Did the kitty cat ever make it to bed? What did she sleep with?

Do

My Bedtime Routine

You will need: scissors, colors/markers, glue, construction paper and the *My Bedtime Routine* sheet

After reading the story, talk about the different kinds of bedtime routines each child does at night. Hand out the *My Bedtime Routine* sheet and allow the children enough time to color and cut out 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.

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My Name: _____

My Bedtime Routine

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