

What will you choose to do?



- Go on a short walk somewhere familiar during the day and then go on the same walk after dark. Take a torch on your night walk so you can shine it at different features. What did you see and hear on each of your walks? What was the same and what was different?
- Talk about bedtime routines and the importance of a good night's sleep. Draw bedtime pictures, make a list of bedtime activities or create a bedtime routine chart.
- Use a mirror to look inside your mouth. What can you see? How do you look after your teeth? Write a list and draw some pictures of the things that you need to do.
- Lullabies are soothing, quiet songs that help us get to sleep. Find some lullabies to listen to together and choose your favourite. What lullabies did you listen to? What is your favourite lullaby?
- Make a room dark. Shine a torch onto a wall and make shadows by putting objects in front of the torch. You could play a guess the object game or trace shadows onto paper.
- Nocturnal animals are awake during the night time and sleep during the day. Diurnal animals are awake during the day and sleep at night time. Tick the animals that are nocturnal. Choose one of the nocturnal animals and find out three facts.



badger

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blackbird

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fox

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cow

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dog

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bat

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sheep

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owl

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