

CAPTAIN SLEEP

AND THE COLOURFUL CRAYONS



Little Timmy's mummy always reminds him not to watch TV before bedtime.

One night, as he is getting ready for bed, he imagines he becomes Captain Sleep to find out why!

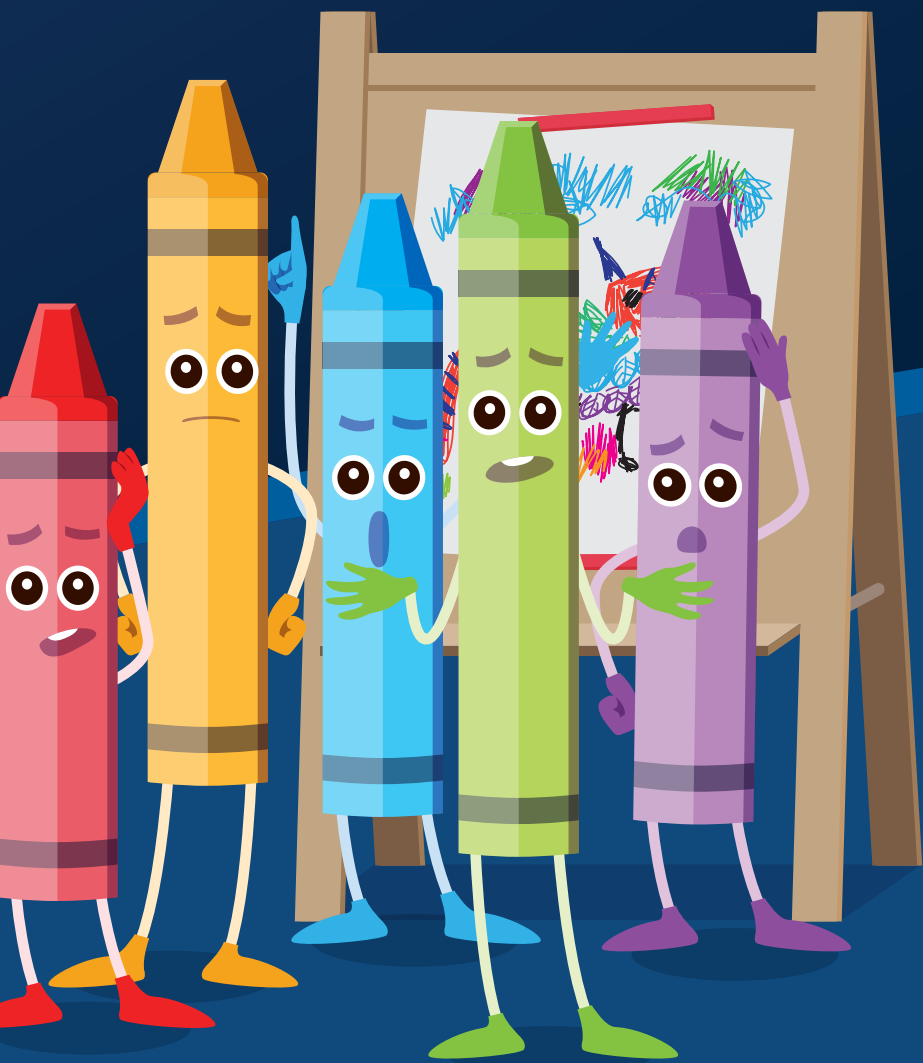




In the living room, Captain Sleep finds the Colourful Crayons standing in front of a drawing and looking sad.

“Why do you look so upset?” asks Captain Sleep.





“The animal on our drawing looks funny!” says one of the Crayons.

**Captain Sleep takes a look.
There are feathers on the cat!**

Can you spot the other mistake?



From the other side of the living room, Talkative TV suddenly shouts.

“Crayons! Crayons! Stop drawing! Let’s watch another show together!”



Captain Sleep thinks he knows why the Crayons can't draw.

“Have you been talking to Talkative TV every night?” he asks.

All the Crayons nod.



“Watching TV before bed makes it hard for you to have a good night’s sleep!” Captain Sleep explains.

“If you don’t sleep well, you can’t draw well.”



The Crayons look all around the living room for the remote control to turn off the TV.

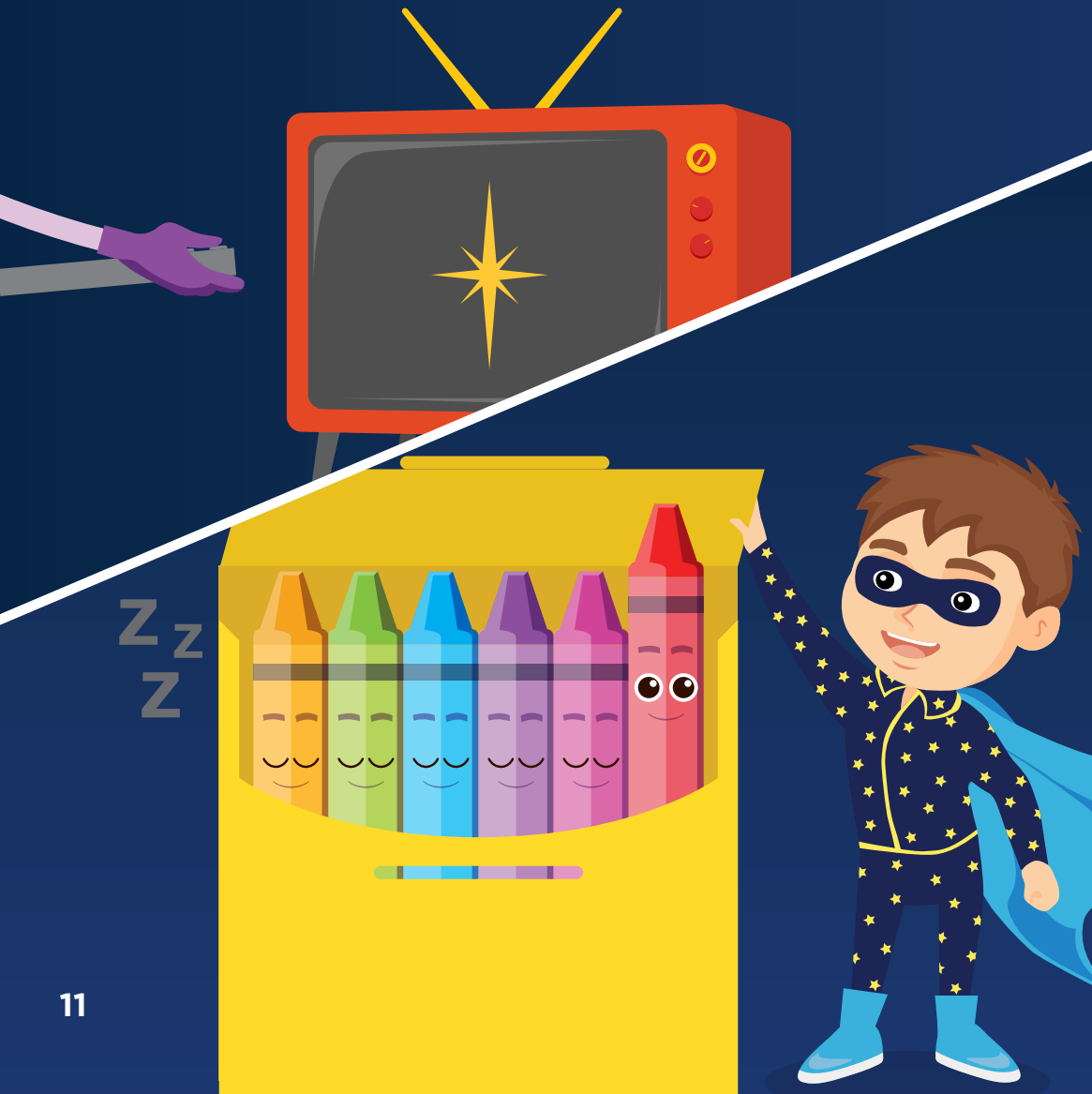
Can you help them find the remote control?





“Found the remote control! Let’s turn off the TV so we can sleep soundly tonight!”

Captain Sleep tucks the Crayons into their box and says goodnight.



Little Timmy puts the remote control next to the TV. It's nice and quiet.

“Now I'm ready for a good night's sleep!” says Little Timmy.



The background is a dark blue night sky filled with various sizes and colors of stars (white, yellow, and light blue). At the bottom, there are stylized white and grey clouds. The text is centered in the upper half of the page.

THE BEDTIME SONG

SUNG TO THE TUNE OF "LONDON BRIDGE IS FALLING DOWN"

SLEEPYHEAD, NOW SAY GOOD NIGHT
SEE THE STARS SHINING BRIGHT
EVERYONE HAS GONE TO SLEEP
A DARK NIGHT WE'LL KEEP
GO TO SLEEP UNTIL IT'S DAWN
THEN YOU'LL WAKE WITH A YAWN
SLEEPYHEAD NOW CLOSE YOUR EYES
GOODNIGHT, STARLIGHT.



HOW MUCH SLEEP SHOULD YOU GET IN A NIGHT?



EASY STEPS TO PREPARE FOR BEDTIME

1



TAKE A BATH

2



PUT ON YOUR
PYJAMAS

3



BRUSH YOUR TEETH

4



DO A WIND-DOWN
ACTIVITY

5



SAY GOODNIGHT

