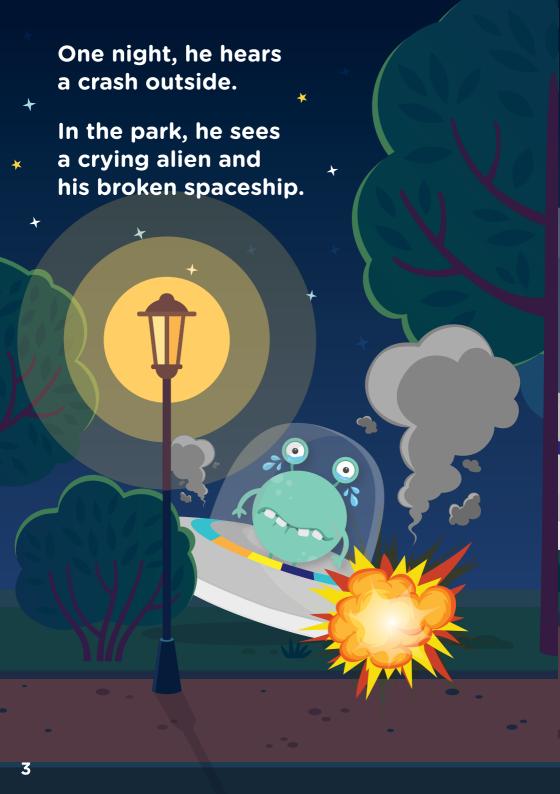


# CAPTAIN SEEP AND THE LOST ALIEN

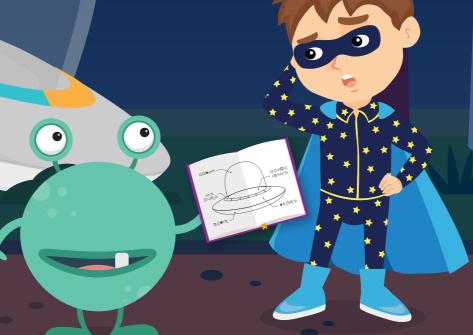












Captain Sleep takes a long hard look at it and suddenly gets an idea!





"This should fix your spaceship!" says Captain Sleep confidently.

"How did you learn to understand my language so quickly?" the alien asks.



 "Getting enough sleep every day helps me learn better and faster!" Captain Sleep explains.



×

The alien waves and thanks
Captain Sleep as he flies off in
his spaceship. The alien is happy
that he can go back home now.





As little Timmy gets up, he finds a note the alien left behind.

Written in alien language, it reads "Thank you, Captain Sleep!"





# RECOMMENDED READING LIST

For ages 3 - 6 years old

# 1 It's Time to Sleep, My Love by Eric Metaxas

### SUMMARY

As children prepare for bed, the world around them is also settling down for the night. Animals who live in the jungle, the forest, the sea – and when they finally fall asleep, the babies will receive dreams from other creatures in the book.

### 2 The Going-to-Bed Book

by Sandra Boynton

### SUMMARY

This book is just right for winding down the day as a joyful, silly group of animals scrub in the tub, brush their teeth, and finally rock to sleep.

### **3** A Book of Sleep

by II Sung Na

### SUMMARY

Join the owl on this moonlight journey as he watches all the other animals settle in for the night. Some sleep standing up, some sleep on the move, some sleep alone, while others sleep together, huddled close.

## 4 How Do Dinosaurs Say Good Night?

by Jane Yolen

### SUMMARY

A delightful book filled with detail and humour. Discover the expressions and antics of 11 different dinosaurs from the imagination of young children. These young dinosaurs behave a lot like people do. They give a big kiss, turn out the light, tuck in their tails and whisper good night.



# RECOMMENDED READING LIST

For ages 3 - 6 years old

# **5** Good Night, Gorilla by Peggy Rathmann

### SUMMARY

It's bedtime at the zoo, and all the animals are going to sleep. Or are they? Sneak along behind the zookeeper's back and see how each animal prepares for bed.

### 6 Disney Bedtime Favourites

by Rebecca L. Schmidt

### SUMMARY

Get ready for bedtime with all Disney and Disney-Pixar characters. Help Flynn and Rapunzel find a way to get Max to sleep. Explore the Pride Lands at night with Simba and Nala. Have an after-dark underwater adventure with Marlin and Nemo and more.

# **7** Somewhere So Sleepy

by Dianne Muldrow & Jui Ishida

### SUMMARY

A lift-the-flap bedtime book. A baby koala, a lion cub, a baby hippo together with other baby animals, and a little boy, are getting ready for bed. Lift the flaps to see the little things they do before they get cosy enough to fall asleep!



