

CAPTAIN SLEEP

AND THE LITTLE CHICK



Little Timmy is a little boy, who's always in bed on time.

And while he's sound asleep, he dreams of becoming Captain Sleep!





One night, while a little chick
is sound asleep in his nest...



**a strong gust of wind suddenly
blows him out of the tree!**



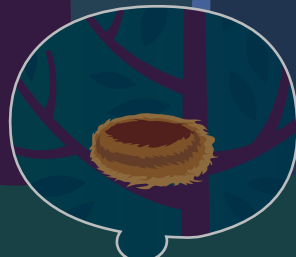
Captain Sleep hears the little chick
sighing in despair.

“What’s wrong, little birdie?”
he asks as he kneels down
next to him.



The little chick looks up in the tree
and points at his nest.

He wants to get up there!



Captain Sleep picks up the little chick and suddenly, he grows taller. And taller. And taller!



He grows so tall that he can put
the little chick back in his nest!

“How did you do that?”
the little chick asks.



“The more sleep I get, the better I grow!” Captain Sleep explains.

Captain Sleep bids goodbye as he heads back to his own home.



“Ah, it’s almost 10 hours now.
Just enough sleep for me,
I can wake up now.”
says Captain Sleep.



As little Timmy gets out of bed, he is glad to see the little chick chirping away happily in his nest.





THE BEDTIME SONG

[SUNG TO THE TUNE OF *TWINKLE, TWINKLE LITTLE STAR*]

LITTLE BIRDS FLY TO THEIR NESTS,
'COS IT'S TIME TO HAVE THEIR REST.
WE ARE LIKE THE SPARROWS TOO,
THEY MUST SLEEP AND SO MUST YOU.

STRONG AND HEALTHY WE SHALL BE,
GO TO SLEEP NOW, ONE-TWO-THREE.

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 Il 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!



