

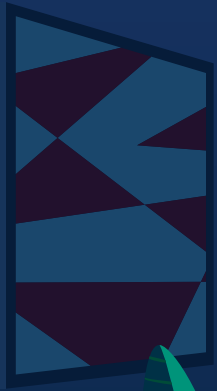
# CAPTAIN SLEEP

AND THE SINGING BIRD



Little Timmy's mummy always reminds him not to play with the phone before bedtime.

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





**Captain Sleep hears a bird singing  
outside his window.**

**But the bird can't finish her song!**





**“What’s wrong, little birdie?” asks  
Captain Sleep.**



“I can’t remember the words to my favourite song!” the Singing Bird replies.

“Baa, baa, black...” she sings.

“Baa, baa, black... Have you any...”

Can you help the Singing Bird finish her song?



Before Captain Sleep can ask why, the Playful Phone appears and hops around the Singing Bird.

“Stop singing and come play with me!” says the Playful Phone.





**“Singing Bird, playing with the phone before bed makes it hard for you to have a good night’s sleep,” explains Captain Sleep.**



“If you don’t sleep well, you won’t remember how to sing your song!” he says.



The Singing Bird quickly turns off the Playful Phone.



Captain Sleep tucks the Singing Bird into her nest and says goodnight.



The phone is turned off. It's nice and quiet.

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





# THE BEDTIME SONG

*SUNG TO THE TUNE OF "TEN LITTLE INDIANS"*

NOW IT'S LATE  
GO TO BED  
KEEP YOUR EYES CLOSED

DO A STRETCH  
REST YOUR HEAD  
LIE ON THE PILLOW

BOOK IS READ  
GOOD NIGHT'S SAID  
OUT THE LIGHT GOES

A GOOD NIGHT'S SLEEP AWAITS!



## 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

