

CAPTAIN SLEEP

AND HIS BEDTIME TALES





*Be ready in your pyjamas...
let's meet Captain Sleep and his
bedtime friends!*

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CAPTAIN SLEEP

AND THE TOOTHBRUSH FAIRY



Little Timmy is a little boy who always brushes his teeth before going to bed.

And while he's brushing his teeth, he imagines he becomes Captain Sleep!



One night, he sees Toothbrush Fairy holding a giant toothbrush and looking worried.

“What’s wrong, Toothbrush Fairy?” asks Captain Sleep.



Toothbrush Fairy points to Little Timmy’s teeth with her giant toothbrush.

“Look at all the germs! We must get rid of them before Little Timmy goes to sleep!” she says.



“Let me help you!” says Captain Sleep.

He takes a giant toothbrush from
Toothbrush Fairy and gets ready!

“Ready, set, brush!”
says Captain Sleep excitedly!

The fight is on!



Captain Sleep and Toothbrush Fairy take turns to brush away all the germs and food stuck in Little Timmy's teeth.

Try to spot the broccoli and yesterday's candy hiding here!



As they brush, Captain Sleep and Toothbrush Fairy sing their favourite song.

Do you also have a favourite song you can brush along to?



Finally, all the germs are gone!

“Thank you for your help, Captain Sleep!” says Toothbrush Fairy.



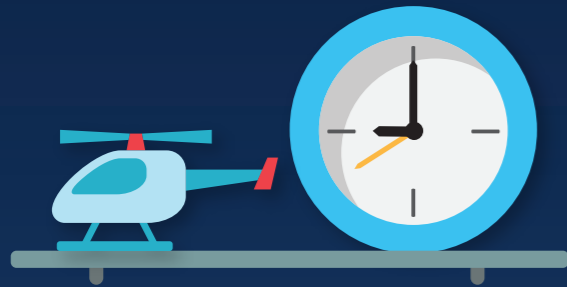
“With clean and fresh teeth,
Little Timmy is ready for bed!”
she explains.

Captain Sleep waves goodbye
for it’s time to go to sleep.



Little Timmy puts away his toothbrush.
His teeth is nice and sparkly clean.

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



THE BEDTIME SONG

SUNG TO THE TUNE OF "ROW, ROW, ROW YOUR BOAT"

BRUSH, BRUSH, BRUSH YOUR TEETH,
BRUSH THEM EVERY DAY.
UP AND DOWN AND ALL AROUND,
TO KEEP THE GERMS AWAY.

KEEP THEM CLEAN AND WHITE,
BRUSH THEM EVERY NIGHT.
PUT A LITTLE TOOTHPASTE ON,
AND ALL THE GERMS ARE GONE.

RINSE, RINSE, RINSE YOUR MOUTH,
THAT'S HOW YOU KNOW YOU'RE DONE!
HAPPY, HEALTHY TEETH THEY'LL BE
WHILE YOU ARE HAVING FUN!

CAPTAIN SLEEP

AND TEDDY'S MAGIC PYJAMAS



Little Timmy is a little boy who always gets into a pair of comfy pyjamas before going to bed.

And while he chooses his pyjamas, he imagines he becomes Captain Sleep!



One night, he decides to visit Teddy the Bear.

When he steps into Teddy's bedroom, he sees Teddy climbing high and low!

"What are you looking for?" asks Captain Sleep.



"My magic pyjamas," says Teddy the Bear.

"Without them, I can't be Super Teddy when I sleep!"

"Let me help you!" says Captain Sleep.



**“Are these your magic pyjamas?”
Captain Sleep points to the
laundry basket.**

Teddy shakes his head.

**“No, my magic pyjamas are sparkly,”
he says.**



**“Are these your magic pyjamas?”
Captain Sleep points to the shower.**

Teddy shakes his head again.

**“No, my magic pyjamas are striped,”
he says.**



**“Are these your magic pyjamas?”
Captain Sleep points to the closet.**

Teddy shakes his head a third time.

**“No, my magic pyjamas have sleeves!”
he says.**



Captain Sleep goes to Teddy's bed and lifts the blanket.

Hiding beneath is a pair of sparkly, striped pyjamas with sleeves!

"Are these your magic pyjamas?" asks Captain Sleep.

"Hooray! You've found them, Captain Sleep!" says Teddy with a big smile.



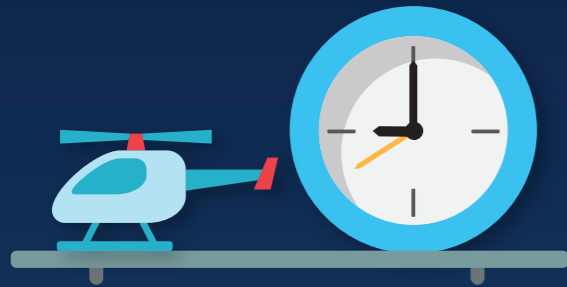
Teddy the Bear happily gets into his Magic Pyjamas.

**“Good night, Captain Sleep!”
says Teddy as Captain Sleep
tucks him in.**



Little Timmy buttons up his pyjamas and climbs into bed.

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



THE BEDTIME SONG

SUNG TO THE TUNE OF "IF YOU'RE HAPPY AND YOU KNOW IT"

IF YOU'RE SLEEPY AND IT'S TIME TO GO TO BED,
IF YOU HAVE A STORY WAITING TO BE READ.
FIND YOUR FAVOURITE PAIR OF JAMMIES,
FOR THE NIGHT AND YOU MUST WEAR IT,
IF YOU'RE SLEEPY, THAT IS HOW YOU GO TO BED.

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.

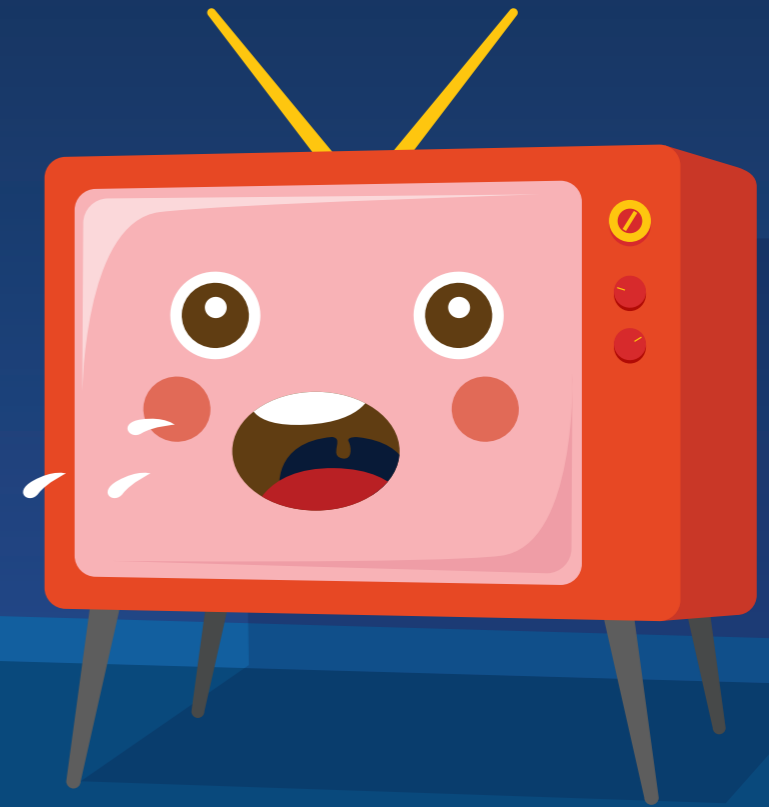
Captain Sleep takes a look.
There are feathers on the cat!

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.



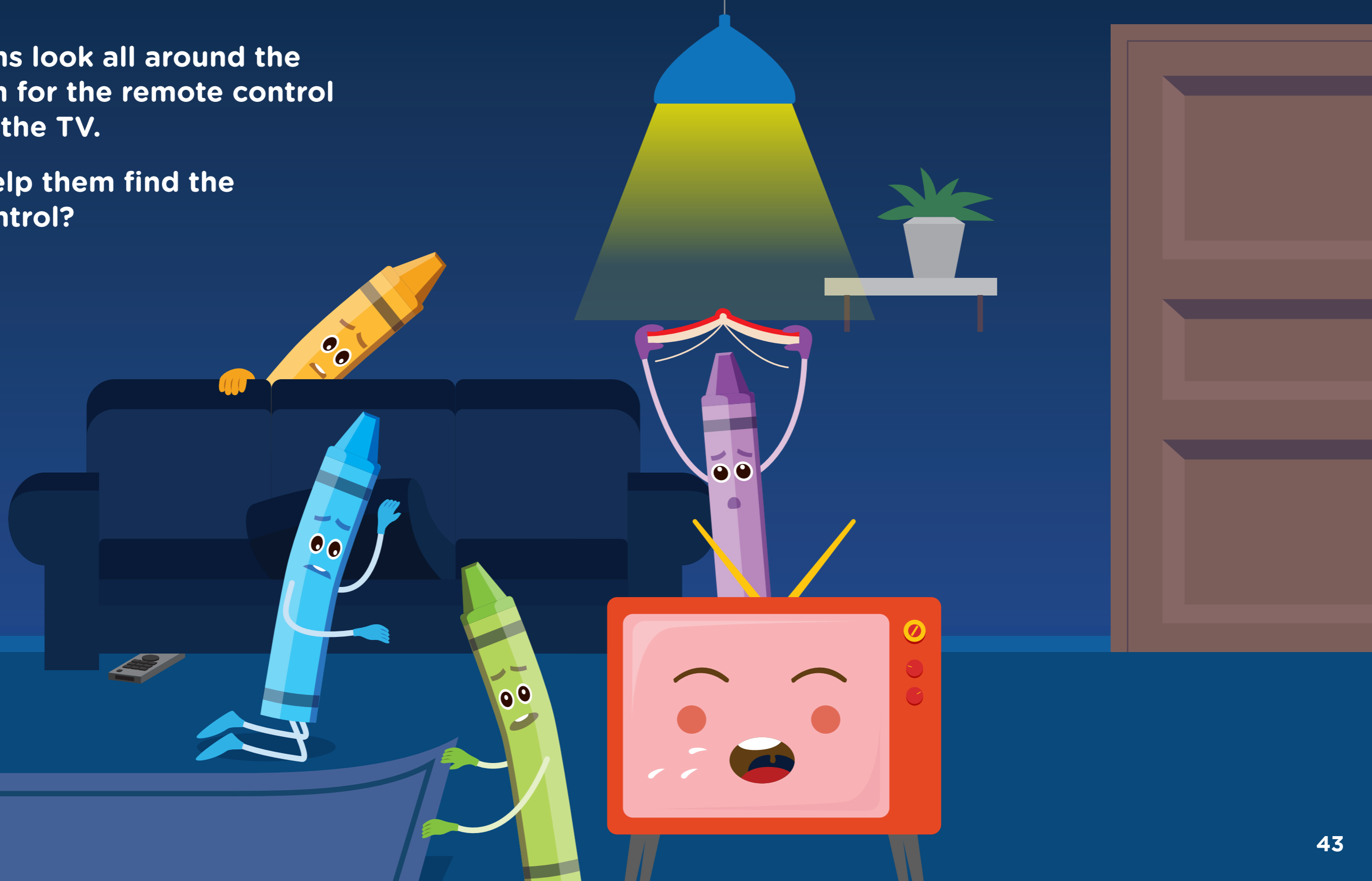
"Watching TV before bed makes it hard for you to have a good night's sleep!" Captain Sleep explains.

"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?



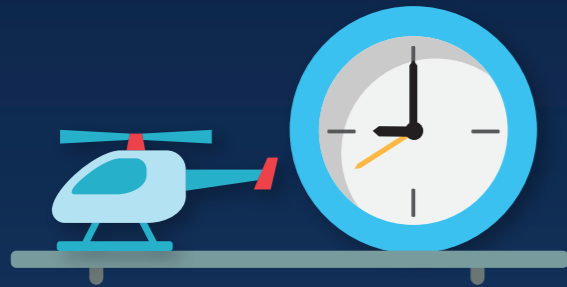
“Found the remote control! Let’s turn off the TV so we can sleep soundly tonight!”

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 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.

CAPTAIN SLEEP

AND THE SINGING BIRD



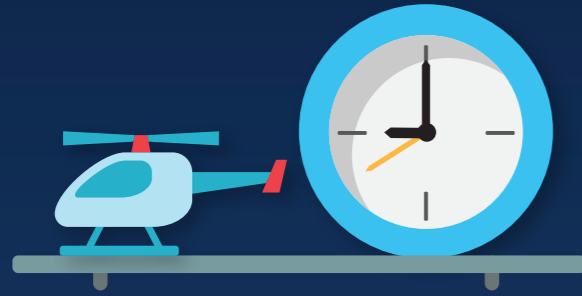
Little Timmy's mummy always reminds him not to play with the phone before bedtime.

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.

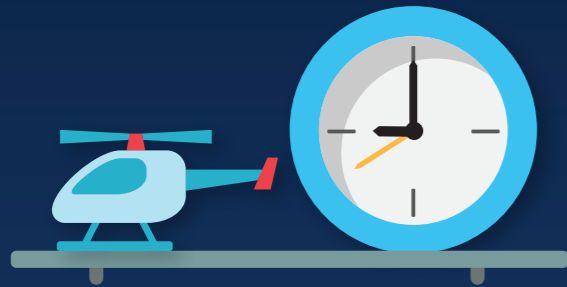


Captain Sleep tucks the Singing Bird into her nest and says goodnight.



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



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