

CAPTAIN SLEEP

AND THE GIANT WHO FELL SICK



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, he feels the ground below him trembling.

Oh no! What could it be?



He takes a peek outside his bedroom window.

In the distance, he spots his friend, Mr. Giant, coughing violently and causing the ground to shake again!



Captain Sleep flies over to poor Mr. Giant's side. "What happened Mr. Giant? Have you fallen sick?" he asks.

"Yes I have, Captain Sleep. I'm not feeling too good..." Mr. Giant replies, almost falling backwards.



“That’s because you’re not getting enough rest!” says Captain Sleep.

So, he helps Mr. Giant prepare for bed.

“Thanks Captain Sleep,” coughs Mr. Giant, causing another quake.



When the giant lies down on his bed,
Captain Sleep reads him a nice
bedtime story.



Then he sings him a gentle lullaby.
“Rock-a-Bye baby, on the treetops...”

Soon, Mr. Giant closes his eyes
and falls asleep.



“Remember, it’s important to get enough sleep so you can stay strong and healthy!” whispers Captain Sleep to Mr. Giant.



Seeing that Mr. Giant is sound asleep,
Captain Sleep flies back home.



When the sun rises, Little Timmy wakes up.
He's had 10 hours of good rest.

He smiles when he sees Mr. Giant's
bedtime storybook by his bedside.



The background is a dark blue night sky filled with white and yellow stars. 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 A-B-C]

KEEP YOUR TOYS AND
BRUSH YOUR TEETH,
NOW IT'S TIME TO GO TO SLEEP.
SWITCH THE LIGHTS OFF,
LIE IN BED.

COUNT TO TEN
AND REST YOUR HEAD,
PULL YOUR BLANKET
O'ER YOUR FEET,
CLOSE YOUR EYES
AND FALL ASLEEP.

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!



