

# CAPTAIN SLEEP

AND BIGFOOT



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!





Zz  
Z

Zz  
Z

One calm night, a thunderous  
roar disturbs the silence.  
Who could it be?



Captain Sleep soars into the sky  
and spots Bigfoot, a brown fuzzy  
creature, sitting alone on a log.



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

**“I’m feeling very grumpy!” growls  
Bigfoot, looking really upset.**



Bigfoot's toys are lying all around.

“Have you been sleeping late every night because you’ve been playing with your toys?” Captain Sleep asks.



★  
“Yes, I have” Bigfoot replies,  
looking embarrassed.

★  
“If you don’t get enough sleep,  
it will make you grumpy!”  
Captain Sleep explains.





★  
✦ Now that Bigfoot understands the importance of sleeping early, he quickly keeps his toys.

★  
✦ Captain Sleep helps Bigfoot pick up all his toys too. Can you help him find his toys?



Once the toys are all kept,  
Bigfoot climbs into bed.

“Thank you, Captain Sleep.  
Now I can fall asleep!”



Captain Sleep waves goodbye  
as he flies back to his home.



After 10 hours of rest, Little Timmy wakes up all refreshed.

He smiles as he finds a photograph on his table showing Bigfoot giving Captain Sleep a big, friendly hug!





# THE BEDTIME SONG

[SUNG TO THE TUNE OF *ROCK-A-BYE-BABY*]

BEDTIME IS HERE,  
IT'S TIME FOR GOOD NIGHTS.  
LIE DOWN IN BED  
AND SWITCH OFF THE LIGHTS.  
THE TOYS ARE ALL KEPT,  
THE BIG AND THE SMALL  
ALL TUCKED INTO BED,  
SAY GOODNIGHT TO ALL.

# 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!



