

# Bedtime Storytime

## Sign Language:

1. Stars  
<https://babysignlanguage.com/dictionary/stars/>
2. Sleep  
<https://babysignlanguage.com/dictionary/sleep/>

## Books:

1. [The Going to Bed Book, by. Sandra Boynton](#)
2. [Cornelius P. Mud, Are You Ready for Bed? by. Barney Saltzberg](#)
3. [Touch the Brightest Star, by. Christie Matheson](#)
4. [Race You to Bed, by. Bob Shea](#)
5. [Just Go to Bed, by. Mercer Mayer](#)

## Songs/Fingerplays:

1. [This is the Way We Go to Bed](#) – Sing & play along with this song (pretend you are taking a bath, putting on your PJ's, brushing your teeth, reading a book, and saying good night with a kiss)
2. [Ten in the Bed](#) – Sing & play along with this song (roll your hands when the bears roll over & softly fall down when a bear falls out of bed)

## Activity:

Find a blanket or parachute if you have one. Have your child and yourself stand on either side of the blanket and grab on to an edge. Help your child practice their listening skills by telling them to shake the blanket and stop. You can also move the blanket up and down slowly or place stuffed animals on top and give them a ride.