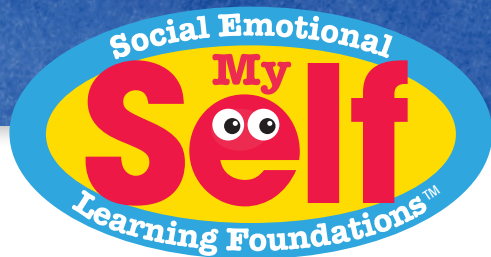


But I'm Not Sleepy...

by Allison Walsh





SET THEME:

I Make Responsible Decisions

Build Social and Emotional Intelligence

Use the following tips to help children make good choices about sleep:

- Help them understand why sleep is important.
- Remind them that everyone needs sleep, including children and adults.
- Talk about different bedtime routines.
- Encourage them to talk about their feelings about sleep and bedtime.

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How to Read This Book with Children

- 1** Read aloud the title. Discuss what it means to feel sleepy.
- 2** Read aloud the book with children.
- 3** Talk about different bedtime routines.
- 4** Ask children to describe how they feel when it's time for bed.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the text to their own experiences.

But I'm Not Sleepy...

by Allison Walsh



Yaaawwwwnnn. She's yawning because she had a busy day. It's her bedtime.

Everyone needs sleep.

Even animals like dogs and cats need sleep.



At nighttime, your body is tired.

Sleep lets your body take a break and helps you stay healthy.

If you don't get a good night's sleep, you will feel groggy or cranky the next day. You could get sick.





At bedtime, you might like to read a story with someone in your family. You might like to sing your favorite song or lullaby.

Don't forget to brush your teeth!

