



# GOODNIGHT

*We are never more fully alive, more completely ourselves,  
or more deeply engrossed in anything than  
when we are playing.*  
Charles Schaefer

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## Good Night Moon by Margaret Wise Brown

*Good Night Moon* is a classic bedtime story where a rabbit says goodnight to everything that's in his room. The mesmerizing cadence of the rhymes and the clever details in every illustration create a reassuring and calming end of the day tradition for children and adults alike.

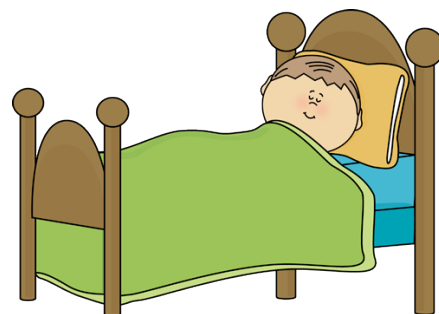
**Ages: 0 to 4 Years**

### Explore the Book Ideas:

- Think about using this book or another in this kit before nap time each day to set up a quiet-down ritual.
- Once you've read this story numerous times to your children, stop before the words that rhyme and ask them to fill in the missing word. You can give clues by pointing to the picture of the word they're trying to remember.

### Playful Activity Ideas:

- 1) Play "Good Night Moon" before naptime or just act it out with non-napping children. Go around the room and say goodnight to everything. Have one child call out an object to say goodnight to and the rest of the children echo the goodnight. Challenge the children to find objects that rhyme in the room.
- 2) Play "Good Night Moon" I Spy in your space. Every time you read the name of an object in the book, ask the kids if they can spy that object in your room. Have fun with this game and make it your own by integrating the objects in your space.





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*It is a happy talent to know how to play.*  
Ralph Waldo Emerson

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## Good Night Gorilla by Peggy Rathmann

*Good Night Gorilla* relies as much on what's not said in the simple text as the words the zoo guard says to each animal as he closes down the zoo.

**Ages: 0 to 4 years**

### Explore the Book Ideas:

- Talk about what's happening in the illustrations on each page.
- Turn off the lights when you get to the page where everyone says good night.

### Playful Activity Ideas:

- 1) Act out the story with the "Play Set at the Zoo" toys. This unique play set also includes additional fun game ideas for playing zoo.

**Kit Supplies:** play set at the zoo





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*Play is our brain's favorite way of learning.*  
Diane Ackerman

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**Goodnight, Goodnight, Construction Site** by Sherri Duskey Rinkker and Tom Lichtenheld

*Goodnight, Goodnight, Construction Site's* playful illustrations show that down in the big construction site, tough trucks work with all their might. But even the roughest, toughest readers will want to turn off their engines, rest their wheels, and drift to sleep with this soothing story.

## Explore the Book Ideas:

**Ages: 3 to 6 years**

- Whisper the lines "Shh... goodnight, Crane Truck, goodnight" asking children to join you in saying the words.
- Use lots of yawning and stretching while reading to make it seem like you're really sleepy too.
- Talk about how our bodies need to rest after exerting ourselves with work or play. Just like we need food to grow, we need rest.

## Playful Activity Ideas:

- 1) **Obstacle Course Fun!** Set up your own obstacle course to get children working/exercising. When the course is finished talk about how it's important for everyone to rest their bodies after exerting themselves.

**Kit Supplies:** obstacle course ideas

- 2) **Play Construction Site** and pretend to build a community with the vehicles included in the kit.

**Kit Supplies:** construction vehicles





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*Almost all creativity involves purposeful play.*  
Abraham Maslow

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## The Napping House by Audrey Wood

*The Napping House is a classic bedtime story with predictable, repetitive text that's easy and fun for listeners to join into.*

**Ages: 3 to 6 years**

### Explore the Book Ideas:

- Think about using this book or another in this kit before nap time each day to set up a quiet-down ritual.
- Read the story in a "whispery" voice pretending that you don't want to wake up any of the nappers.
- Have the children join in repeating the text every time you read "where everyone is sleeping."
- Have the children all wear their pajamas to school on "Good Night" day and bring their favorite blanket or pillow.

### Playful Activity Ideas:

- 1) Act out the story with stuffed animals layering all the animals on top of the bed as the story is read. Before you begin acting the story out, have children arrange the stuffed animals from largest to smallest.

**Supplies you will need to provide:** stuffed animals of different sizes

- 2) Have some wild wiggling fun with the Wigglefants as you stack them on top of each other in different ways suggested by color cards. The Wigglefants are adorable wooden elephants that can be stacked to mimic the Napping House story.

**Kit Supplies:** Stacking Wigglefants Game

