

Color/Shape



Letters

Gg, Hh, Ii

Numbers

7-8

Word Wall

moon, pajamas, barn, harvest

Sign Language



Sleep

With palm toward face, bring fingers together and slide hand down as you close your eyes.



Farm

Draw thumb across jaw with an open flat hand.

Songs & Rhymes

The Man in the Moon

The man in the moon,
Looked out of the moon,
Looked out of the moon and said:
"It's time for all children on the Earth,
To think about getting to bed!"

When You're on a Farm

Sung to "Do Your Ears Hang Low?"

Did you know on a farm,
There are chickens in the barn?
There are cows and horses too.
There are tons of things to do.
Ride the tractor, pitch the hay.
You'll have fun and work all day,
When you're on a farm.

Themes

Sweet Dreams

Sleeping helps us grow, feel good, and stay healthy. Bedtime can be fun! The children will explore bedtime routines and learn about things to see and do at night.

Life on the Farm

Life on the farm is filled with adventure! In this theme, children will investigate all aspects of farm life, including animals, barns, harvesting crops, farming jobs, and equipment.

Learn with Me

Dream Cloud Adventure

Before bed, sit or lie down with your child and create a peaceful bedtime story together. Tell your child to close their eyes and imagine that you are both on a soft dream cloud. Take turns adding details to the story.

You might ask or prompt your child:

- Where should our dream cloud take us tonight?
- What do you see as we float through the sky?
- Are there any animals or friends joining us?
- What sounds can you hear as we are floating around?

Encourage your child to use their imagination to transition to bedtime. Let the dream cloud gently bring them back to their bed at the end of the story.

Recipe

Berry Yogurt Bowl

Your choice of berries

Plain or vanilla yogurt



Invite your child to help you wash the berries with water by hand or using a strainer. Cut the fruits into smaller pieces if needed (adult only).

Ask your child to scoop some yogurt into a bowl. Invite them to place some fruits on top of their yogurt. Before they eat, they can make a design if they wish, or mix it together!