

John's bedtime story

In John's bedtime story, John learns that getting a good night's sleep is really important. Without enough sleep, John didn't get to do some of the things she wanted to do and felt really tired and grumpy. How can you get the best? A bedtime box could help!

You will need

- a cardboard box or shoebox
- scissors
- things to decorate with (e.g. wrapping paper, stickers, felt tip pens, paint)
- something to write with (like a ballpoint pen or sticky label)



John's bedtime story

Instructions

- 1 Decorate your box with your chosen materials. Try to use colours that you find relaxing – you could try making patterns, such as stars, for little stars you want the lid and box remaining so you can open and close the box!
- 2 Colour in the bedtime box label (included in the booklet) and add your name. You could also colour some pictures included in the pack and stick them on your bedtime box.
- 3 Label the box today!
- 4 While you are waiting for your box to dry, decide how you would like to use your bedtime box.

If you want some more playtime before bed, the John and Jane Bedtime Box could be a collection of activities that you can play with your family (like games), read (like colouring pages or books that you like to read).

You might feel too excited to sleep. We often talk about thinking about the dinner table at nursery. Your bedtime box could include some relaxing activities, like these breathing techniques for children with. Put your feet under your feet to get your bedtime routine to help you relax down and get ready for a good night's rest.



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Embracing the Track of Term: An Emotional Symphony within **Bed Time Box Uk**

In some sort of taken by displays and the ceaseless chatter of quick connection, the melodic beauty and mental symphony produced by the published word frequently fade into the background, eclipsed by the constant noise and disruptions that permeate our lives. But, nestled within the pages of **Bed Time Box Uk** a charming fictional value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts readers on a mental trip, skillfully unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of this touching examination, we will explore the book is key harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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