



Go to bed late

Go to bed late,
Stay very small;
Go to bed early,
Grow very tall.





About the rhyme

The theme of this short rhyme is important – the health benefits of getting enough sleep – even if the consequences it talks about are a bit imaginative!

Activities

- As you say the rhyme, make yourselves as small as you can and then stretch as tall as you can.
- Chat about time. What time is your children's usual bedtime? What time would it be if they went to bed "early"/"late"? Together, draw a clock showing their usual bedtime.
- With your children, find and talk about objects that are different sizes (big, small), textures (hard, soft) or colours. Encourage your children to find different ways to group the objects (for example: put all the big objects together, then put all the red objects together).
- Discuss different sized animals. For example, ask, "Which animals can you think of that are small? Which animals are tall? Can you think of medium-sized animals?" Then ask your children which animals they would like to be. Try moving around like these animals.

