

Starry Night



Read through the activities with your child. You can do all of the activities or choose the ones that they find the most interesting.

Activities

1. Go on a short walk somewhere familiar during the day and then go on the same walk after dark. Take a torch on your night walk so you can shine it at different features.

What did you see and hear on the daytime walk?

What did you see and hear on the night time walk?

Did you see and hear the same things?



2. Talk about bedtime routines and the importance of a good night's sleep. Draw bedtime pictures, make a list of bedtime activities or create a routine chart.

Bedtime

Useful words

- bath
- teeth
- goodnight
- lights
- lullaby
- milk
- pyjamas
- story



3. Look inside your mouth using a mirror. Talk about what you can see.

What can you see inside your mouth?

How can you look after your teeth?

Useful words

- fruit
- milk
- sugar
- sweets
- toothbrush
- toothpaste
- vegetables
- water

4. Lullabies are soothing, quiet songs that help us get to sleep. Find some lullabies to listen to together and choose your favourite.

What lullabies did you listen to?

What is your favourite lullaby?



5. Nocturnal animals are awake during the night time and sleep during the day. Diurnal animals are awake during the day and sleep at night time. Tick the animals that are nocturnal. Choose one of the nocturnal animals and find out three facts.



badger



blackbird



fox



cow



dog



bat



sheep



owl

Facts about _____



6. Make a room dark. Shine a torch onto a wall and make shadows by putting objects in front of the torch. You could play a guess the object game or trace shadows onto paper.

How did you make a shadow?

What shape are the shadows?

What happens to the shadow when you move an object closer and further away from the torch?

7. Use a torch or glow sticks and practise writing letter shapes or your name in the air using big movements.



8. Go outside on a clear night and look at the sky. Draw a picture of what you can see.

The night sky

What could you see in the night sky?

What shape is the Moon?



9. Finish your home learning by telling an adult what you have learned about night time?

What animals come out at night?

What jobs do people do while you sleep?

What is a good bedtime routine?

Useful websites

NHS – Healthy sleep tips for children

Pampers – 9 lullabies to help your baby fall asleep

Oral Health Foundation – Downloads and resources

CBeebies – Space

Good reads

Title	Author	ISBN
Peace at Last	Jill Murphy	9781509862597
Whatever Next!	Jill Murphy	9781509862580
Night Monkey, Day Monkey	Julia Donaldson	9780749748937
How to Catch a Star	Oliver Jeffers	9780007150342
Darkness Slipped In	Ella Burfoot	9780330512572

