

Pajama Time: Bedtime Stories

Storytime Program for Ages 2–3

Opening Song

It's Time for Storytime 2.03 2.04

(sung to the tune of “The Farmer in the Dell”)

It's time for storytime, (*Clap hands to beat*)

It's time for storytime,

Heigh-ho, the derry-o,

It's time for storytime.

We listen to some stories, (*Two fingers point to ears*)

We listen to some stories,

Heigh-ho, the derry-o,

We listen to some stories.

We sing some songs and rhymes, (*Two fingers point to mouth*)

We sing some songs and rhymes,

Heigh-ho, the derry-o,

We sing some songs and rhymes.

And now we'll have some fun, (*Pat knees or legs*)

And now we'll have some fun,

Heigh-ho, the derry-o,

And now we'll have some fun!

Early Literacy Tip: Reading books is an important bedtime ritual, because it's a calm period at the end of the day and a nice bonding experience for you and your child. But bedtime shouldn't be the only time to share books. Read with your child throughout the day, whenever you find a few minutes.

Opening Book

***Llama Llama Red Pajama*, by Anna Dewdney**

Share this book or another title about getting ready for bed.

Early Literacy Tip: Sharing bedtime rhymes at night, such as “Wee Willie Winkie” and “Wynken, Blynken, and Nod” exposes children to vocabulary words they would not normally hear in everyday language.

Rhyme

Wee Willie Winkie

Wee Willie Winkie runs through the town, *(Move arms as if running)*
Upstairs and downstairs in his nightgown, *(Move arms up, move arms down)*
Tapping at the window and crying through the lock,
(Pretend to tap on window; cup hands to mouth as if shouting)
Are all the children in their beds? It’s past eight o’clock! *(Hold bent arms out, palms up)*

Song

Are You Sleeping? 1.03

Are you sleeping, *(Fold hands under head as if sleeping)*
Are you sleeping,
Brother John, Brother John?
Morning bells are ringing, *(Pretend to pull bell cord back and forth)*
Morning bells are ringing.
Ding! Dong! Ding!
Ding! Dong! Ding!
(Repeat)

Participation Book

Dinosaur vs. Bedtime, by Bob Shea OR How Do Dinosaurs Say Good Night? by Jane Yolen

Children can “roar” along with the dinosaur in the first book, or they can answer the questions posed in the second book.

Rhyme

After My Bath

After my bath I try, try, try
To rub with a towel till I’m dry, dry, dry.
Hands to dry, and fingers and toes,
And two wet legs and a shiny nose.
Just think how much less time it’d take
If I were a dog and could shake, shake, shake!
(Pretend to dry with a towel all body parts, then shake body at end)

Early Literacy Tip: The next song is a great one to act out at home with your child and her stuffed animals. Have her join in for the refrain, which is a great way to develop her narrative skills.

Song

Five in the Bed 1.23

There were five in the bed, and the little one said,
“Roll over! Roll over!”
So they all rolled over, and one fell out!

Additional Verses

There were four in the bed ...

There were three in the bed ...

There were two in the bed ...

There was one in bed, and the little one said,
“Good night!” (*Rest head on hands*)

Visual Props Book

***Time for Bed*, by Mem Fox or *The Napping House*, by Audrey Wood**

Share one of these books using a flannel or magnetic board. Patterns can be found at:
<http://daycareresource.com/flannelstories37642.html>.

Rhyme

Star Light, Star Bright

(Give each child a “star wand”—a yellow or white star cut from construction paper or card stock and mounted on a craft stick or plastic straw. Have children wave their wands during the rhyme. They can also use the wands in the next song and take them home.)

Star light, star bright,
The first star I see tonight;
I wish I may, I wish I might,
Have the wish I wish tonight.

Song

Twinkle, Twinkle, Little Star 2.26

Twinkle, twinkle, little star, (*Open and close hands*)
How I wonder what you are,
Up above the world so high, (*Move hands slowly overhead*)
Like a diamond in the sky,
Twinkle, twinkle, little star, (*Move hands back down*)
How I wonder what you are.

Closing Rhyme

Wave Goodbye

Wave high. Wave low. (*Suit motions to words*)
I think it's time, we gotta go.
Wave your elbows. Wave your toes.
Wave your tongue and wave your nose.
Wave your knees. Wave your lips.
Blow a kiss, with fingertips.
Wave your ears. Wave your hair.
Wave your belly and derriere.
Wave your chin. Wave your eye.
Wave your hand and say "goodbye."
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Activity

Choose one activity from the Presenter Tip Sheet.