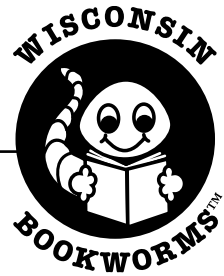


WISCONSIN BOOKWORMS™

Activity Sheet



Can Kittens Take a Catnap?

By Claire Palfreman-Bunker, illustrated by Adam Relf

If kittens take a catnap curled up in a ball, do foals take a horsenap when sleeping in the stall? Does a cub take a bearnap? Ducklings take a ducknap? The world's expert nappers will enjoy this repetitive inquiry while learning the names of baby animals.

Before you read this book: Allow the children to get comfortable as they listen to the book about animals napping. Let them wrap up in blankets and lay on pillows. Invite them to bring their favorite stuffed animal to rest with. Ask the children why it's important to take naps?

While you read this book: Read the book in a low calm voice. Ask the children to identify each animal as you read.

Reading tips: Fuel a child's individual passions and interests. Does he or she love animals, sports, cooking or dressing up? Find books that speak to their unique interests and be willing to read the same book a hundred times in a row. In this way, we affirm for our children the value of having one's own passions and perspective.

After you read this book: Ask the children to bring a book from home — a favorite that helps them relax and go to sleep. During the next reading section, allow the children to talk about the books they brought.

Try this at home! Establishing good sleeping habits early is very important for children. Try this technique the next time you're trying to get your child to sleep.

*Your **toes** can go to sleep. Your **toes** know how to go to sleep. Let them go to sleep now.*

Repeat this phrase changing the word in bold letters each time to a new body part — feet, lower legs, upper legs, tummy, chest, shoulders, arms, neck, face, cheeks and mouth.

*And your **eyes** — sleepy, sleepy eyes — heavy, sleepy eyes. When they are very sleepy, they can't even open. Just let them get heavy and sleepy now.*

Yawn to encourage your child to feel sleepy but make sure you stay awake.

*And your **ears** — sleepy, sleepy ears. You can hear my voice; but your ears get sleepier as your whole body gets so, so sleepy now — so, so sleepy. So as you get sleepier now you have pleasant dreams — pretty dreams in your head. You can tell yourself in your mind "I have happy dreams. I have happy dreams. I have happy dreams."*

Extend the reading with these great books: "Time For Bed" by Mem Fox, illustrated by Jane Dyer; "Goodnight Moon" by Margaret Wise Brown, illustrated by Clement Hurd; "Where the Wild Things Are" by Maurice Sendak

WISCONSIN BOOKWORMS™: Giving young children an opportunity to be read to and own their first new books, this project is supported by the Corporation for Public Broadcasting with additional funding provided by Friends of WPT, WAHCE and local county-based partners.