

Objective

By the end of this lesson, the student will be able to understand the importance of bedtime routines, share their thoughts about the Bluey episode "Sleepytime," and express their feelings about sleep using simple words and drawings.

Materials and Prep

- Paper and crayons or markers for drawing
- Comfortable space for storytelling and discussion
- A cozy blanket or stuffed animal for a bedtime atmosphere
- Access to the Bluey episode "Sleepytime" (if watching is an option)

Before the lesson, ensure that the student is familiar with the Bluey series and has a basic understanding of bedtime routines. If possible, watch the episode together to spark discussion.

Activities

- **Story Time:** Read a short story about bedtime or share the plot of "Sleepytime." Ask the student to express what they liked about the story and how it relates to their own bedtime routine.
- **Draw Your Dream:** Encourage the student to draw their favorite dream or what they want to be when they grow up. Discuss how dreams can be fun and exciting, just like Bluey's adventures!
- **Bedtime Routine Role-Play:** Create a fun role-play where you both act out a bedtime routine. Use a stuffed animal to demonstrate brushing teeth, reading a story, and saying goodnight.
- **Feelings Circle:** Sit together in a cozy spot and talk about feelings. Ask the student how they feel about bedtime and what makes them feel sleepy. Use simple words and encourage them to share.

Talking Points

- "Do you remember what Bluey and Bingo did to get ready for bed?"
- "Why do you think having a bedtime routine is important?"
- "What is your favorite part of going to sleep?"
- "Can you tell me about a dream you had? What happened in it?"
- "How does it feel when you cuddle your stuffed animal at night?"