

# Good Night Starlight: Storytelling tips and Learning tools

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## **Before narration:**

- Ask the children if they have had trouble falling asleep. What did they do to try to fall asleep? Did they count sheep?
- Introduce the story as one where the baby in the story has trouble falling asleep. Lead to the story saying, for example, "Let's read the story to find out why."

## **Storytelling:**

Use gestures to enact the baby's actions-rub your nose, scratch your eyebrows, etc.

## **After narration:**

This story can be used to discuss good sleeping habits. You can talk to the children about brushing their teeth (helps reduce cavities), reading a book (calms and slows the mind), and going to bed early.