

Pajamarama: Bedtime Stories & Rhymes

Dear Parents: By bringing your child to library's storytimes, you're helping to introduce him/her to new stories, songs, and rhymes that will help in the development of great pre-reading skills. You can help your child further by reading books to your child everyday, and by singing the songs, rhymes and fingerplays you heard in storytime with your child at home. Repetition is great for children this age. Use this sheet as a guide.

COLORING



RHYMES

Bedtime Tickle Rhyme

Tickle bug, tickle bug, hunting feet.
(Tickle bottom of baby's feet)
Creeping, creeping across the sheet.
(Creep fingers across baby's tummy)
One, two, catch them like this,
(Capture baby's feet)
Tickle toes, tickle toes,
(Tickle baby's toes)
Tummy kiss!
(Kiss baby's tummy)

Twinkle, Twinkle Little Star

Twinkle, twinkle, little star
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star
How I wonder what you are.

Time for Bed

Time for bed, time for bed
Fluff up the pillow,
Lay down your head.
Pull up the blanket,
Tuck in tight.
Close your eyes
And sleep all night

There Were 5 in the Bed

There were 5 in the bed and the little one said,
Roll over, roll over!
So they all rolled over and one fell out.

There were 4 in the bed and the little one said,
Roll over, roll over!
So they all rolled over and one fell out.

There were 3 in the bed and the little one said,
Roll over, roll over!
So they all rolled over and one fell out.

There were 2 in the bed and the little one said,
Roll over, roll over!
So they all rolled over and one fell out.

There was 1 in the bed and the little one said,
"Good Night!"

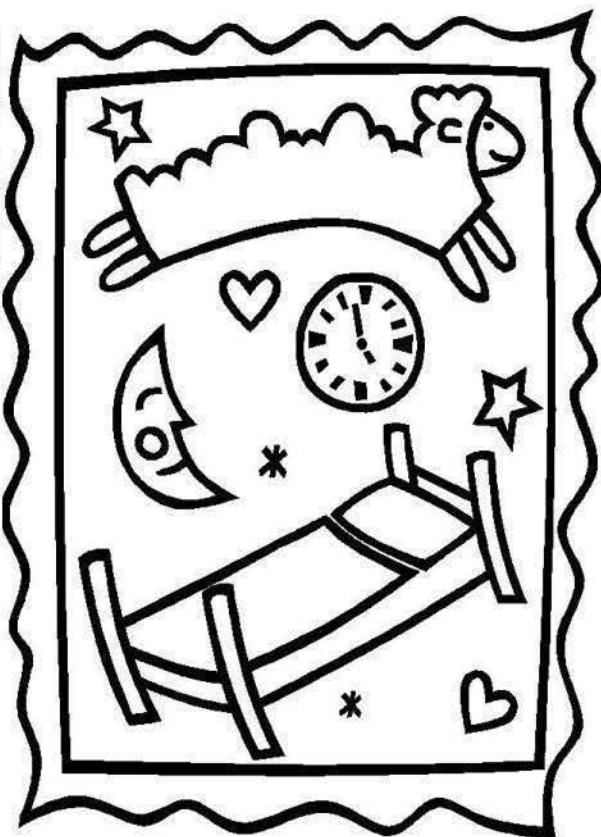
Going to Bed

This little child is ready for bed
(Hold up thumb)
Down on the pillow she lays her head
(Put thumb across palm of hand)
Wraps herself in covers so tight,
(Close fingers over thumb)
And this is the way she sleeps all night
(Put hands up to cheek and close eyes)
Zzzzzzzzz . . . Zzzzzzzzzzz

Sleepy Time: Bedtime Stories & Rhymes

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COLORING



RYTHMES

Sleep Baby Sleep

Sleep, baby, sleep
Your father tends the sheep
Your mother shakes the dreamland tree
Down falls a dream for thee,
Sleep, baby, sleep.

Rock-a-Bye Baby

Rock-a-bye baby, on the tree top.
When the wind blows, the cradle will rock.
When the bough breaks, the cradle will fall.
And Mommy will catch it, cradle and all.

Are You Sleeping?

Are you sleeping? Are you sleeping?
Brother John, Brother John,
Morning bells are ringing!
Morning bells are ringing!
Ding, dang, dong. Ding, dang, dong.

Man on the Moon

The Man on the moon
Looked out of the moon
And this is what he said
Tis time for all the children on earth
To think about getting to bed!

Teddy Bear, Teddy Bear

(Do actions along with rhyme)

Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground,
Teddy bear, teddy bear, reach up high,
Teddy bear, teddy bear, touch the sky,
Teddy bear, teddy bear, bend down low,
Teddy bear, teddy bear, touch your toes,
Teddy bear, teddy bear, go to bed,
Teddy bear, teddy bear, rest your head,
Teddy bear, teddy bear, turn out the lights,
Teddy bear, teddy bear, say "goodnight."

Goodnight

(Point to each body part as you say goodnight.)

Goodnight tiny toes,
And rounded knees that bend.
Goodnight tummy, too.
The day is at an end.

Goodnight, both my hands,
And fingers, every one.
Goodnight wrists and arms,
Now the day is done.

Goodnight face and head,
It's time to end the rhyme.
Snuggle into bed,
Welcome the nighttime.

Things That Go Bump in the Night

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RHYMES

Bunnies' Bedtime

"My bunnies now must go to bed,"

The little mother rabbit said.

"But I will count them first to see

If they have all come back to me.

One bunny, two bunnies, three bunnies dear,

Four bunnies, five bunnies, yes, all are here.

They are the prettiest things alive,

My bunnies, one two, three, four, five."

Now the Day Is Over

Now the day is over,

Night is drawing nigh,

Shadows of the evening

Steal across the sky.

Now the darkness gathers,

Stars begin to peep,

Birds and beasts and flowers

Soon will be asleep.

Do You Hear a Monster?

If you think you hear a monster,

(Cup hand to ear)

Growling somewhere outside,

(Point off into the distance)

It's probably just your stomach,

(Rub tummy)

Need some food inside.

Monsters Under the Bed

Monster, Monster, under the bed,

(Cup hands around mouth)

You should go somewhere else instead!

(Shake finger)

Go, Monster, go!

(Stamp feet slowly)

Go, Monster, go!

(Stamp feet faster)

Go, Monster, go, go, go!

(Stamp feet very fast)

I'm Sleepy, Very Sleepy

I'm sleepy, very sleepy

I want to stretch and yawn

I'll close my eyes and just pretend

that daylight time has gone.

I'll breathe so softly, be so still

A little mouse might creep

Across the floor, because he thought

That I was fast asleep.

Ten Little Monsters

One little, two little, three little, monsters

Four little, five little, six little, monsters

Seven little, eight little, nine little, monsters

Ten monsters can't scare me.

Ten little, nine little, eight little, monsters

Seven little, six little, five little, monsters

Four little, three little, two little, monsters

One monster can't scare me.

Moon and Stars: Bedtime Stories & Rhymes

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RHYMES

Hey Diddle, Diddle

Hey diddle, diddle
The cat and the fiddle,
The cow jumped over the moon;
The little dog laughed
To see such sport,
And the dish ran away with the spoon.

Twinkle, Twinkle Little Star

Twinkle, twinkle, little star
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star
How I wonder what you are.

Moon

Moon, moon,
(Form moon overhead with arms)
Up so high,
(Point up)
Big white moon,
(Form moon again)
In a big, black sky.
Moon, moon,
(Form moon overhead with arms)
Beautiful one,
(Hold up one finger)
Following the setting sun.
(Form moon again and lean to the side)

Going to the Moon

Zoom, zoom, zoom,
I'm going to the moon!
(Slide hands together)
Who would like to take a trip,
(Fly hands upward)
Upon my magic rocket ship?
(Pretend to climb a ladder)
10-9-8-7-6-5-4-3-2-1
(Count with fingers)
Blast-off!

Bend and Stretch

Bend and stretch, reach for the stars!
There goes Jupiter, her comes Mars!
Bend and stretch, and reach for the sky!
Stand on tip-e-toe, up so high!

I'm a Little Astronaut

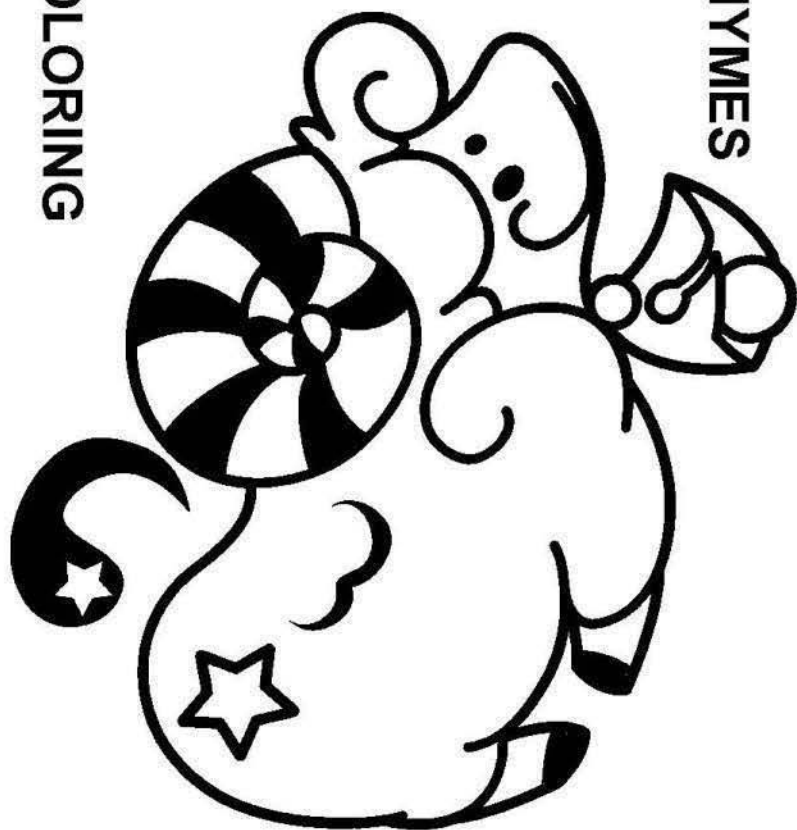
(Tune: I'm a Little Teapot)

I'm a little astronaut
Going to the moon.
The rocket is ready,
We blast off soon.
I will climb aboard
And lock the hatch.
Fire the rockets and off we blast!

Creatures of the Night: Bedtime Stories & Rhymes

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RHYMES

Bats

When the moon comes up,
Out come the bats.
They move their wings this way and that.
(Sway side to side)
They swoop down low to eat their dinner,
(Sit baby on her bottom)
Then fly up high where the air is thinner.
(Lift baby in air)
They sleep all day,
(Rock baby in arms)
and they play all night,
(Tickle baby's tummy)
But you can hardly ever see them --
They're always out of sight!
(Hide your eyes)

Bedtime Tickle Bug

Tickle bug, tickle bug,
Hunting feet.
(Wiggle first two fingers of each hand)
Creeping creeping,
Over the sheet.
(Walk fingers over baby's tummy)
One! Two!
Catch 'em like this.
(Catch baby's feet)
Tickle-y Tickle-y
(Tickle baby's toes)
Tummy kiss!
(Kiss baby's tummy)

I'm a Little Firefly

(Tune: I'm a Little Teapot)

I'm a little firefly,
Look at me!
I'm as happy as I can be.
See my light flicker and shine so bright,
(Turn on a small flashlight)
Now watch me fly into the night!
(Move flashlight around on ceiling)

Baby Mice

Where are the baby mice?
They go, "Squeak, squeak, squeak."
(Hide fist behind your back)
I cannot see them peek, peek, peek.
(Bring fist out in front of you)
Here they come out of their hole,
1, 2, 3, 4, 5.
(Hold up one finger at a time)
And they run away into the night.
(Wiggle fingers as you move hand off to one side.)

Little Cricket

(Point to one finger at a time.)

The first little cricket played a violin.
The second little cricket joined right in.
The third little cricket made a crackly song.
The fourth little cricket helped him along.
The fifth little cricket cried, "Crick-crick-cree.
The orchestra is over and it's time for tea!"