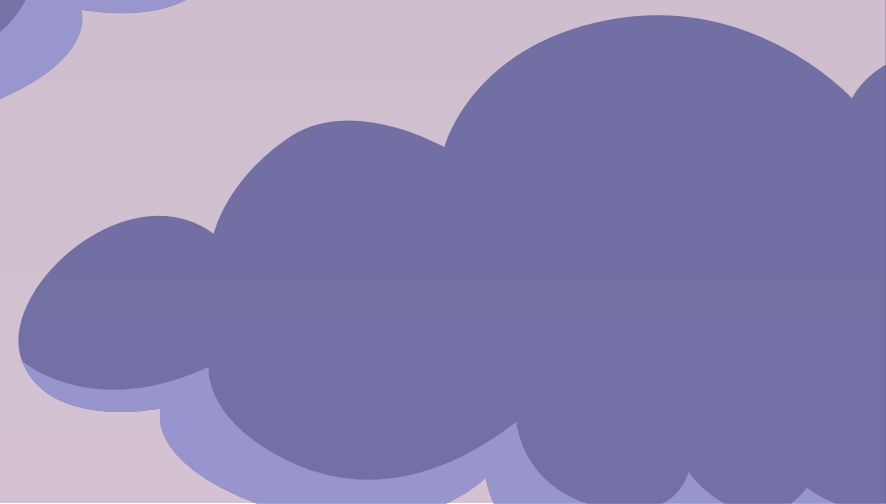


Teddy's Sleepy Adventure

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Teddy the bear loved to play all
day with his best friend, Jamie.
They built towers, read books,
and ran around the garden. But
when bedtime came, Jamie
sometimes didn't want to sleep.



Teddy gave a gentle hug. "Did you know that sleep is like magic?" he whispered. "It helps us grow big and strong, makes our brains work better, and gives us energy to play all day tomorrow!"

One night, Jamie yawned a big yawn. "I don't want to go to bed, Teddy," he said. "I want to keep playing!"



Jamie thought about that. "Really?"
Teddy nodded. "When we sleep, our
bodies rest, and our brains get ready
for a brand-new day! If we don't sleep,
we feel grumpy, tired, and find playing
hard."



Jamie thought about it for a minute
then stretched his arms. "Okay, Teddy.
Let's get ready for bed!"
Together, they brushed their teeth, put
on cosy pyjamas, and snuggled under a
the warm blankets. Teddy hummed a
soft bedtime song.



As Jamie's eyes grew heavy, Teddy
whispered, "Sweet dreams, my friend.
Tomorrow will be full of fun, thanks to
a good night's sleep."

And as Jamie drifted off, he smiled,
knowing that sleep really was magic.

