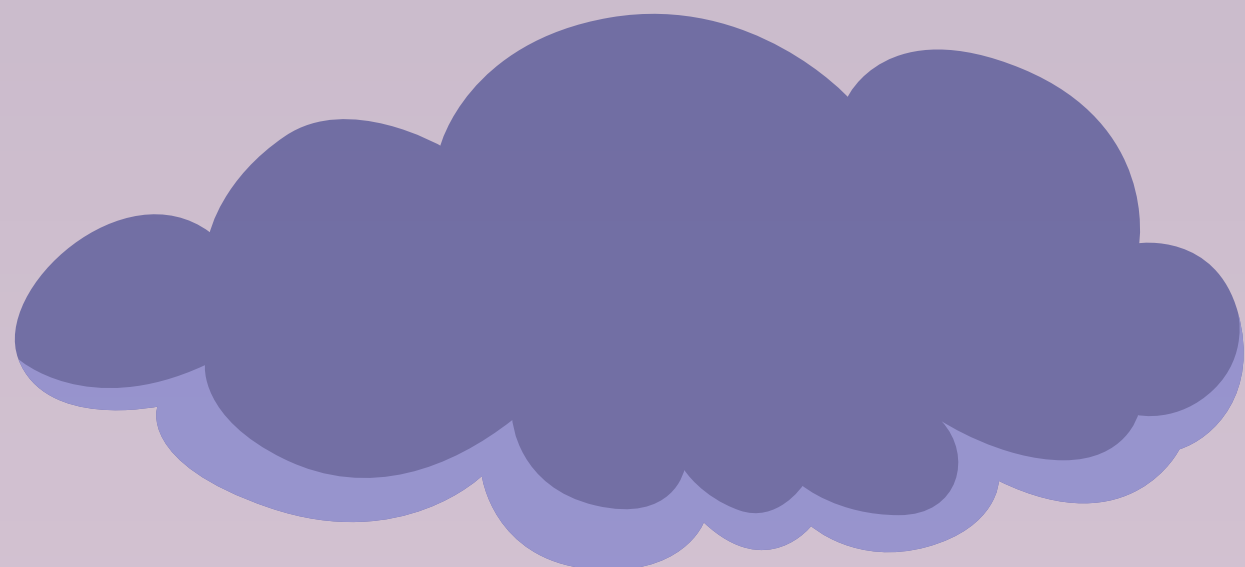


Teddy's Sleepy Adventure

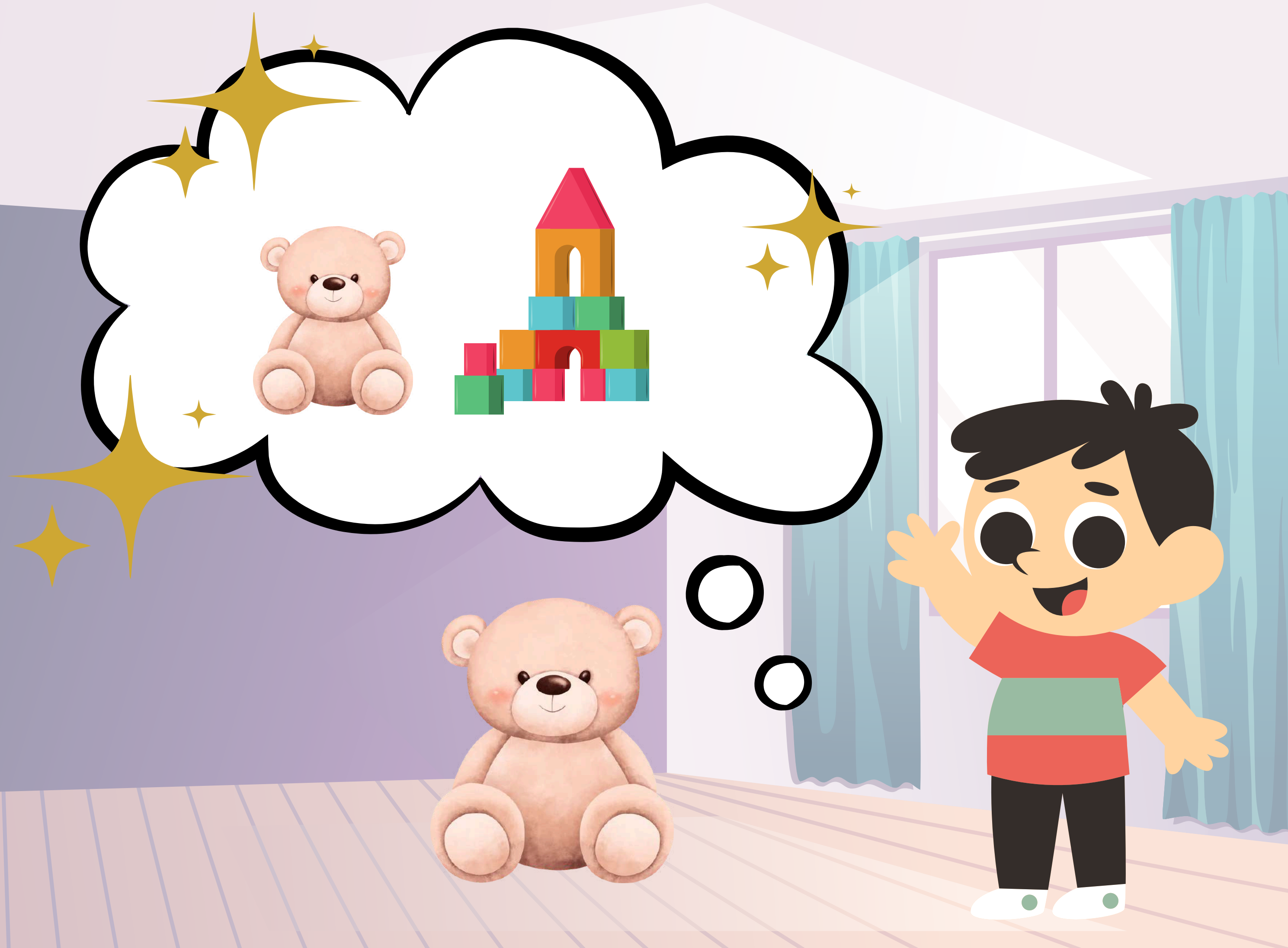


Teddy the bear loved to play all day with his best friend, Jamie. They built towers, read books, and ran around the garden. But when bedtime came, Jamie sometimes didn't want to sleep.



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

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!”



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 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.



Questions to encourage conversation about a good sleep routine:

1. Why do you think sleep is important? - feel happy/have energy/grow big and strong
2. How do you feel when you don't get enough sleep? - grumpy/tired/don't want to play
3. What do you like to do before bed? Soft toys/stories/blankets/songs
4. What other things might you like to try before bed?

