

Bedtime Stay & Play

Bedtime Checklist

Have participants make a checklist they can use while getting ready for bed.



Pajama Matching Game

Cut out and laminate the pajama cards. Have participants match the top and bottom.



Sleeping Bunny Craft

Make a cutout bunny and bed. Participants can play with it like a paper doll.



Bedtime Checklist

Make a to do list for your bedtime routine!



Assembly Instructions:

- Color the pictures.
- Cut along the dotted lines.
- Write your name in the space above "Bedtime Checklist."
- Fold the paper along the solid line to create a pocket.
- Tape the edges to seal the pocket.
- Place the cut-out pictures inside the pocket.

How to Use:

After you complete each bedtime activity, place the matching cut-out picture on top of the picture on the checklist to show it is finished. When you are done, return the cutouts to the pocket for safekeeping.

Early Literacy Connection

A bedtime checklist helps children connect pictures with words. Read each task aloud and invite your child to say it with you. This builds vocabulary, sequencing skills, and print awareness in a simple, everyday routine.

Bedtime Checklist

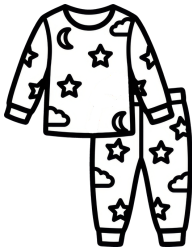
Brush Teeth



Take Bath/Shower



Put on Pajamas



Read Story



I brushed my teeth.



I cleaned myself.



I put on my pajamas.



I read a story.



Assembly Instructions:

1. Color the pictures.
2. Cut along the dotted lines.
3. Write your name in the space above "Bedtime Checklist."
4. Fold the paper along the solid line to create a pocket.
5. Tape the edges to seal the pocket.
6. Place the cut-out pictures inside the pocket.

How to Use:

After you complete each bedtime activity, place the matching cut-out picture on top of the picture on the checklist to show it is finished. When you are done, return the cutouts to the pocket for safekeeping.

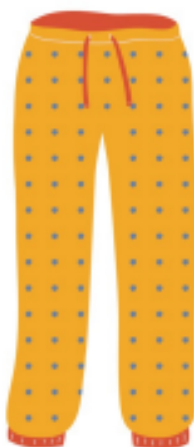
Pajama Matching Game

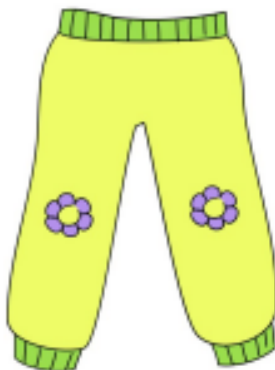
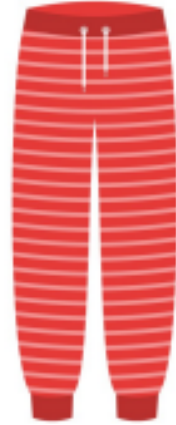
Can you match the pajama tops and bottoms together?

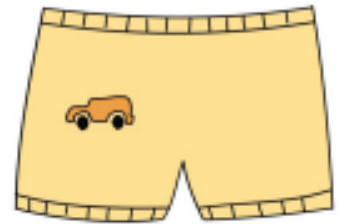
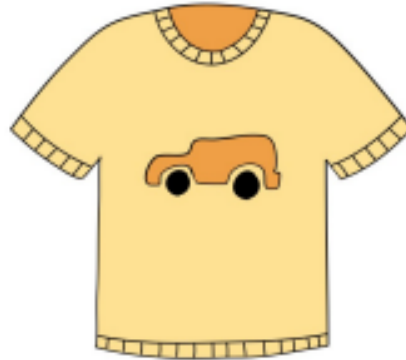
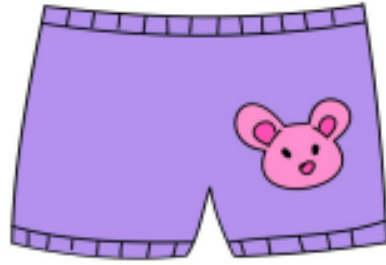


Early Literacy Connection

Matching games build visual discrimination, memory, and concentration. These skills help children notice differences between letters and remember sounds in words. Talk about the pictures or letters as you play to boost vocabulary and letter knowledge.







Sleeping Bunny

Make a bed for your bunny!



Assembly Instructions:

- Cut out the bunny and the bed
- Fold the bed in half to make a pocket for the bunny
- Decorate your bed and bunny

Early Literacy Connection

Cutting and decorating the bunny and bed builds fine motor skills that help children get ready to write. When your child uses the pieces as paper dolls, encourage them to tell a bedtime story about the bunny. Storytelling strengthens vocabulary, sequencing, and narrative skills!

Sleeping Bunny Example

