Bears and Bedtime

Bears are a favorite character for authors to use in children’s story books. From teddy bears to pandas, bears have a special quality about them that endears them to children. Children like to growl and move like bears. A fun activity is to create a bear den by placing a sheet over a table, or a circle of chairs. Your child can climb under the sheet and pretend to live or sleep there.

Young children may not understand the concept of hibernation, but they can relate to the need for bears to sleep a lot. Bedtime can be a struggle for some children, but developing routines can help them go through the motions with less fuss. Spending time reading with your child every day is an especially comforting way of getting ready to go to sleep.

Featured Book

Brown Bear, Brown Bear, What Do You See? by Bill Martin, Jr., illustrated by Eric Carle

This classic book helps little ones learn colors and animal names. The pattern of the words encourages young children to “read” along. It will surely become a favorite in your family!

If your child loved this book, look for others by the author at your library:

Baby Bear, Baby Bear, What Do You See?
Polar Bear, Polar Bear, What Do You Hear?
Panda Bear, Panda Bear, What Do You See?

About the Illustrator

Eric Carle is the creator of many beautifully illustrated picture books for very young children. Though his best-known work is The Very Hungry Caterpillar, Carle has illustrated more than 70 books, most of which he also wrote. Find a complete list of books and activities to do with the books at www.eric-carle.com or your library.

http://iheartorganizing.blogspot.com/p/free
Fingerplay

Five Little Bears
(count each bear on a finger)
Five little bears sitting on the ground.
The first one said, “Let’s have a look around.”
The second one said, “I feel rather funny!”
The third one said, “I think I smell honey.”
The fourth one said, “Shall we climb up the tree?”
The fifth one said, “Look out! There’s a bee!”
So the five little bears went back to their play,
And decided to wait ‘till the bees flew away.

Action Rhyme

Teddy Bear, Teddy Bear, shut the door.
Teddy Bear, Teddy Bear, count to four.
Teddy Bear, Teddy Bear, reach up high.
Teddy Bear, Teddy Bear, wink one eye.
Teddy Bear, Teddy Bear, put away your shoes.
Teddy Bear, Teddy Bear, that will do.
Teddy Bear, Teddy Bear, touch your nose.
Teddy Bear, Teddy Bear, touch your toes.
Teddy Bear, Teddy Bear, climb in bed.
Teddy Bear, Teddy Bear, rest your head.
Teddy Bear, Teddy Bear, turn out the light.
Teddy Bear, Teddy Bear, say “Goodnight.”

Out and about… Make binoculars out of two toilet paper tubes. Glue or tape around the outside of the tubes so that they are side by side. Let your toddler put stickers on them to decorate or use non-toxic crayons or washable markers to draw on them.

Punch holes at one end of the tubes and tie yarn or shoe-laces in the holes to make a strap. As you are out for a walk or in the car, say, “Brown Bear, Brown Bear, what do you see?” Your toddler can look through the binoculars and answer, “I see a ______ (little squirrel) looking at me!”

Talk about it… As you read this book with your child, imitate the noise that each animal makes. A duck says “Quack,” a dog says “Ruff,” etc. Making animal noises will help them hear the sounds that letters make and is another way to identify animals.

What your library can do for you…
Look for nonfiction books about bears at your library. Your child will enjoy looking at photos and learning more about them.

Books to Go from Your Library

This project is made possible by a grant from the U.S. Institute of Museum and Library Services. Brought to you by the Idaho Commission for Libraries’ Read to Me program and your local library.