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Bedtime Mobile

Materials:

- Construction Paper or Card Stock
- String
- Hole Puncher
- Crayons or Markers
- Scissors

Talk About It:

Everybody Sleeps!

Talk with your child about rest and energy. Explain that rest is really important because it helps us have energy for all of the day's fun activities. When we sleep, we can also have some pretty amazing dreams!

Make it:

Step 1: Things You'll Need

Collect the items from the materials list.

Little Hands Tip: Ask your child what they like to dream about.

Step 2: Fold and Glue

Fold one sheet of paper in half. Glue the inside of the folded paper and set aside. This will make the top piece sturdy.

Step 3: Make Shapes

Cut three smaller-sized pieces of construction paper or card stock into shapes.





Crafts

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Step 4: Decorate for Dreaming

Have your child draw pictures about bedtime or sleep on all four pieces of paper (decorate both sides of the paper). Suggest drawing a picture of himself sleeping on the big piece, and things he likes to dream about on the smaller pieces. Or, anything goes!

Step 5: Sparkle Like Stars in the Sky

If you chose a dark piece of paper for one of the parts, be sure to use white crayon or chalk. For a little glitz, add glitter, feathers, or even pom poms. Try drawing stars, the moon, or a city skyline.

Little Hands Tip: Ask your child what they like about the night sky. Plan to investigate the moon, stars and planets.

Step 6: Make Holes

When the drawings are finished, punch three holes along the bottom of the big piece of paper: one in the middle, and two on either side. They should be evenly spaced. Then, punch one hole at the top of each small piece of paper. If you don't have a hole puncher, you can pinch a bit of the paper and snip it carefully with scissors.

Step 7: Tie the String

Use string to tie the small pieces of paper to the big one. Once you've hung the three small pieces, hold the large paper up by pinching it between your finger and thumb. Punch a hole on top about where the center of balance is. Tie one more piece of string at the top for hanging.

Sweet Dreams!

Let your child choose a place to hang the mobile in his bedroom!