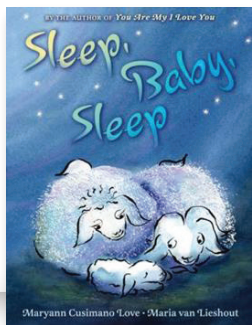


**SLEEP, BABY, SLEEP** written by Maryann Cusimano Love



**Dr. Maryann Cusimano Love** is a mother, wife, and an award winning international educator and author. She began her work with children early on. As a teen she sought work as a clown, story-teller, singer, puppeteer, and caregiver. Her literary masterpieces such as; You Are My I Love You, You Are My Miracle, Sleep, Baby, Sleep, You Are My Wish, and You Are My Wonders resulted from those connections with children.

**Author’s Note:** Sleep, Baby, Sleep was born in the adaptive tradition of Mother Goose. By moving beyond the original verse, Dr. Maryann Cusimano Love encouraged children to soar and dream as beings of strength and courage.

» **BEFORE READING**

It is best to read together. If you want to play this audio recording of [Sleep, Baby, Sleep](#) again later, it is perfect for in the car, or a second read. This version is great to play as infants and toddlers are engaged in other quiet activities as well.

\*Note: This book is ideal to prepare children for a nap or bedtime. Then, revisit later in the day or week to do the coordinating activities.

» **READ THE STORY**

**GROSS MOTOR FOR INFANTS:**

Use this link for Mommy and Me yoga poses to do as you are listening to this book with your infant: [bubblesacademy.com/mommy-and-me-yoga-poses](http://bubblesacademy.com/mommy-and-me-yoga-poses)

**GROSS MOTOR FOR AGES 12 MONTHS- 4 YRS:**

Depending on the age, do this activity either during, or after reading. Show the illustrations and for younger children, do the actions with them and for older children, ask them to act out the baby animals on the pages. This is helpful to give children time to get their wiggles out. The goal may be to eventually come to stillness in group or on individual nap mats by the end of the book.

**LITERACY FOR AGES 18 MONTHS-2:**

As mentioned previously, it is best to re-read literature to children. These ideas are easy to do one at a time, for each reading. They offer new ways to interact with the text each read.

Make the note of the ‘shhh’ and the gentle ‘s’ sounds throughout the book. Ask, “How do those sounds help you feel?” Offer the suggestion that the sound may be similar to a gentle wave that helps one become restful or sleepy.

**LITERACY FOR AGES 2-4:**

Share a working definition of rhymes: sounds at the end of two or more different words that are or sound the same.

Give examples throughout the book: mild:child, splash:crash, climb:time, etc.

For a group that is ready, or after working with this book over time, engage with the rhyme sounds more by teaching children to touch their nose when they hear the rhymes and demonstrate throughout the book. Try to get all the rhymes with children, make it a game.



## » ACTIVITIES

### ACTIVITY ONE: RHYME TIME MEMORY MATCH UP (Literacy activity for ages 2-3 years)

- Rhyming is an important pre-reading skill that reaps dividends later on.
- Use books, games, and engaging activities to promote rhyming ability.

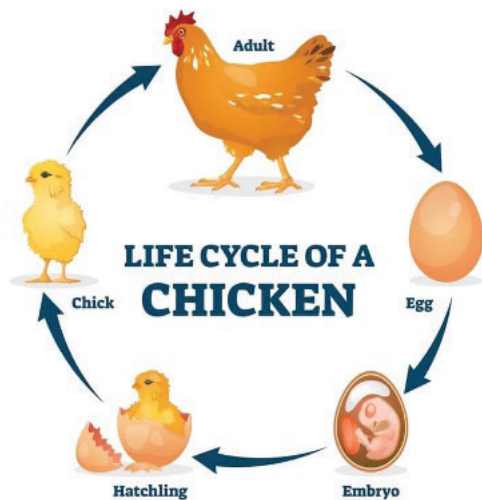
**Supplies needed:** Download a set of matching picture cards [HERE](#).

1. Laminate the pages.
2. Depending on ability and your group, you can have children practice fine motor skills and help cut out the cards.
3. Play the game by turning all the cards over, then flip them one at a time, taking turns saying aloud what the picture is. Try to make rhyme matches.

### ACTIVITY TWO: LIFE CYCLE OF A CHICKEN (STEAM Activity for ages 2-4)

**Supplies needed:** Puzzles: Examples [HERE](#).

1. Click [HERE](#) to watch this short video of a chicken's life cycle.
2. Use this image, Life Cycle of a Chicken, for a visual aid. Hang it near the sensory table or at your science station.



3. While children play with the puzzle, talk to children about the life cycle of a chick.

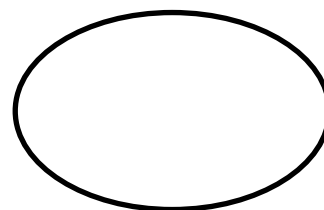
### ACTIVITY THREE: SHEEP CRAFTIVITY (ages 0-1)



**Supplies needed:** Paper plates; cotton balls; black

construction paper; big googly eyes; Elmer's liquid glue; oval template - sized big enough for the sheep faces (use 1/2 of the oval for each child)

Oval template - remember to size



1. Use the same template, sized down, or freehand, cut small black ovals for ears-2 per child
2. Create templates or freehand cut black rectangles for the legs - 2 per child
3. Using the paper plate as the base, put glue on sections or all over the plate.



4. Next, children will glue cotton balls to cover the whole plate.
5. Then, children can practice fine motor skills by tracing all of the templates. Or, if they aren't able yet or you don't have time, have them

precut.

6. Next, glue the face on top of the cotton balls, glue eyes on face.

7. Finally, glue ears on the face and legs on the back of the plate to finish the sheep.

#### ACTIVITY FOUR: MATH ACTIVITY (Ages 2-4)

**Supplies needed:** Use one or both of these books for extension activities with Math.

Read: [When Sheep Cannot Sleep: The Counting Book](#)

Listen to the recording of: [Mother Goose, Numbers on the Loose](#)

Large numbers 1-10 [CLICK HERE](#); paper; buttons; pompoms; marshmallows; beans; pasta pieces or any other item you have around that is good for counting; tweezers; glue

1. Print the large number pages to match the book pages you want to use.
  - a. Suggestion: do one or two numbers per day for the week's activities. Make adjustments for abilities and age group.
2. Children can use the tweezers to pick up and count items as they move them onto the number page. They will count to match the number.
3. Write children's name on the number page, or they can write for practice.
4. Children will glue the matching number of items to the number page.

#### ACTIVITY FIVE: RHYME TIME (Gross motor and literacy activity for ages 3-4)

\*Helpful Hint: to get children focused and ready to listen to directions, begin with a quick round of 'Simon Says'.

Rhyming is an important pre-reading skill that reaps dividends later on.

**Supplies needed:** Inexpensive plastic or paper plates; list of CVC (consonant, vowel, consonant) rhyme words; printed pictures of the words you choose; sharpie; hula hoops

1. Write at least 4 words on plates that are good for rhyming other words. These are the anchor words. \*Note: keep this activity simple, using the CVC words...ie. bat, car
2. Glue or tape the picture of the word on the back of the plate.
3. Place one word in each hula hoop.
4. Hide the other words in the space you're



playing in.



5. Children will search for the rhymes and put them in the rhyming hula hoop.
6. This is an easy activity to adjust for a variety of groups or to play over again as children get better at identifying rhymes.

\*Note: For children with similar rhyming and reading abilities, start each child off with a different word to search only for words that rhyme with their assigned word.

#### » ADDITIONAL RESOURCES

<http://maryannlove.com/activities/fun-stuff>



NY Academy of Sciences, Children's Science Book Award and Parent's Choice Award for Illustrations:  
When Sheep Cannot Sleep: The Counting Book

» THANKS TO OUR CREATORS:



“It is with gratitude that we are able to work with other outstanding resources already available and I am truly happy to share those in this set of activities with you.”

-Cary A. Thrall