

# What happens when I fall asleep?



This half term, we'll be entering the world of the night sky. We'll listen carefully to a presentation about the patterns of the stars and ask an expert question about the universe. Snuggling up with comfy cushions and blankets, we'll listen to bedtime stories and nursery rhymes. Zzz... Wide awake once more, we'll learn about people and services that work at night, the Hubble Telescope, and nocturnal animals. We'll also find out more about how good bedtime routines can have a positive impact on our health and take part in a series of bedtime challenges. Ready, steady, brush your teeth! In our mathematics lessons, we'll play with the shape and size of star patterns and create moons of different sizes out of sparkly play dough. Getting creative, we'll make binoculars to look for planets and stars and shiny star mobiles out of silver sequins and glittery pompoms. We will observe the changes to the weather and learn all about hibernation and winter.

At the end of the project, we'll share and reflect on what we have learnt, and we'll use our knowledge and creativity to write a bedtime story to take home to read.

## **Help your child prepare for their project**

The night is all right! Why not do some stargazing together after dark, either from your garden or, even better, a rural location with minimal light pollution? Look out for some nocturnal animals. Talk to people in your family who have worked at night. What are the similarities and differences between working in the day compared to at night?