

Bear's Nap

by Emily Gravett

All Bear wants is a quiet nap... but he can't work out who is keeping him awake with their cheep cheeping. An increasingly frustrated bear leaves his cosy cave to ask the other animals, but none of them cheep. Maybe the culprit is closer to home? Everyone will love meeting all the animals, and joining in with their familiar noises, in this very funny, warm, and beautifully illustrated story.

Preparation

- Read through the story so you are familiar with it – it will also enable you to practice the best way to hold the book so the children can see the pictures, and you can still see the words.
- Decide on any rhymes you want to include.
- Prepare any follow up activities you want to do – you can find activity sheets on the BookTrust website.

Reading the story

Here are some questions/activities you could ask to engage children with the story. This could be as you read the story or you could come back to one or two pages and do this afterwards.

- **Page 1.** We can see bear's bedtime routine – supper, storytime, bath, brush his teeth. What's your bedtime routine?
- **Read the story a second time.** Assign different family's different animals to make the noises as you read the story.



Bookstart Storytime Session plan



Rhymes

There are rhymes available on BookTrust's website for this story, here are some more to try:

Dingle Dangle Scarecrow

When all the cows were sleeping
And the sun had gone to bed
Up jumped the scarecrow
And this is what he said!

Chorus

I'm a dingle, dangle scarecrow (wave hands)
With a flippy floppy hat (flip flop hand as if wearing hat)
I can shake my hands like this (shake hands)
And shake my feet like that (shake feet)
When all the hens were roosting
And the moon behind the cloud
Up jumped the scarecrow
And shouted very loud

Repeat chorus (very loud)

When the dogs were in the kennels
And the doves were in the loft
Up jumped the scarecrow
And whispered very soft

Repeat Chorus (very quietly)

Song lyrics by Mollie Russell-Smith and music by Geoffry Russell-Smith 1964

Teddy Bear, Teddy Bear

Teddy bear, teddy bear, turn around! (turn in a circle)
Teddy bear, teddy bear, touch the ground! (touch the ground)
Teddy bear, teddy bear, jump up high! (jump)
Teddy bear, teddy bear, touch the sky! (reach up)
Teddy bear, teddy bear, bend down low! (bend down)
Teddy bear, teddy bear, touch your toes! (touch toes)
Teddy bear, teddy bear, turn out the light! (mime turning out the light)
Teddy bear, teddy bear, say good night! (mime sleeping)



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Activities

- Colouring sheet
- Activity Sheet 1 (Match the animal to the sound)
- Activity Sheet 2 (Spot the difference)
- Activity Sheet 3 (Dress up bear – 2 sheets)

Other activity ideas include

- Draw your paw print – use a blank piece of paper to get children to draw round their hand to make their own paw print.
- Sleeping lions – children lay down and pretend to be sleeping lions. You try to make them move or laugh, and see who is the last lion.
- Memory game – can they remember the animals in the story.

End of session

- Hand out sticker books to any family who doesn't have one
- Give the relevant sticker
- Encourage the family to look at the rhyme for this week that's in the booklet
- Suggest one or two follow up activities from the list that you haven't used

