



## Science and Health Lesson Inspirations

1. Talk about the importance of sleep.
  - a. Why is sleep important?
  - b. Do you know anyone who has a difficult time sleeping?
  - c. Can you ask that person to describe what s/he feels when s/he doesn't get enough sleep?
2. Enrich your lesson by checking out the lessons and activities on this website  
<http://sleepforkids.org/>
3. Print out the activity sheet and have the child answer it.

### Printable Sheet: Science and Health

Name: \_\_\_\_\_ Level: \_\_\_\_\_ Section: \_\_\_\_\_

Cross out the activities that might make it difficult for you to get enough sleep.



# English Lesson Inspirations

1. Explain what adjectives are. Adjectives are describing words. They describe nouns and pronouns.

Here are some examples from the book.

- smooth and alabaster skin
- big, bright eyes
- soft, pink cheeks

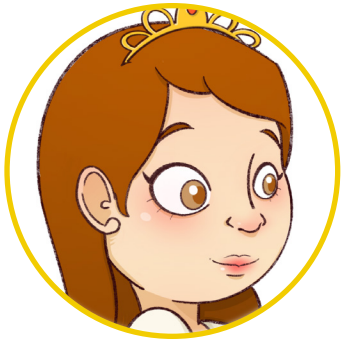
2. Have the child give some more examples from the book.

3. Print out the activity sheet.

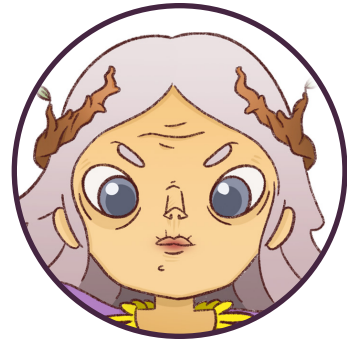
Printable Sheet: English

Name: \_\_\_\_\_ Level: \_\_\_\_\_ Section: \_\_\_\_\_

Write four adjectives to describe each of the characters in the book.



• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_



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