

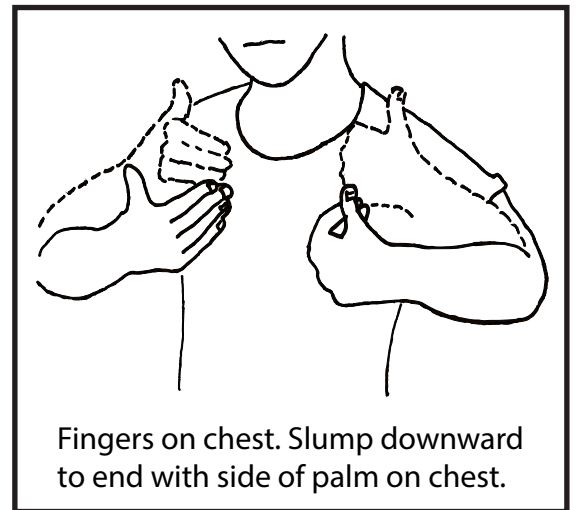
Tired

Level: Pre-K, K

Category: Emotions Activity Book

Topics: Bedtime, Emotions

Materials: coloring utensils, felt, scissors, string



Color then circle what you do before bed.

Craft: Make a sleep mask out of felt.

Game: Yawn. Sit in circle. One person yawns. Count the children that yawn. Make up your own rules from here.

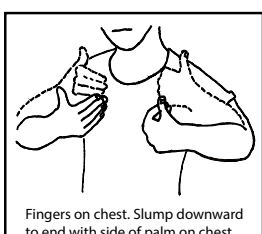
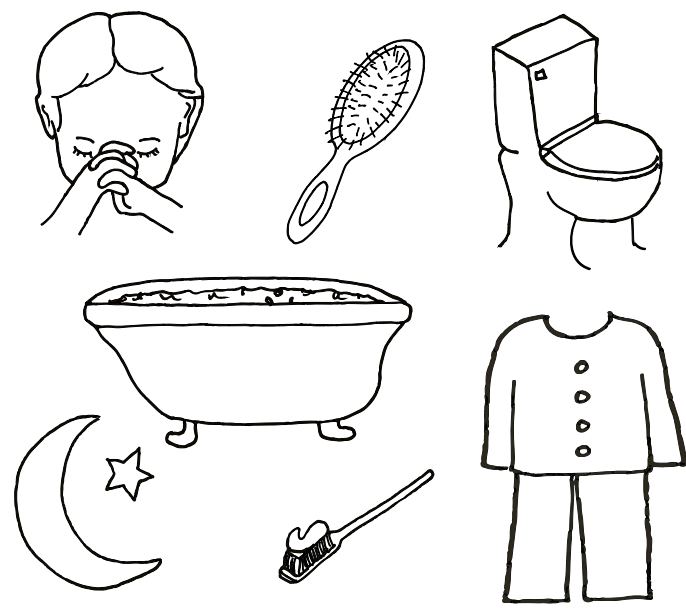
Idea: Discuss favorite bedtime routines.

Example

Tired

Name _____ Date _____

Color then circle what you do before bed.



www.SignBabySign.org®

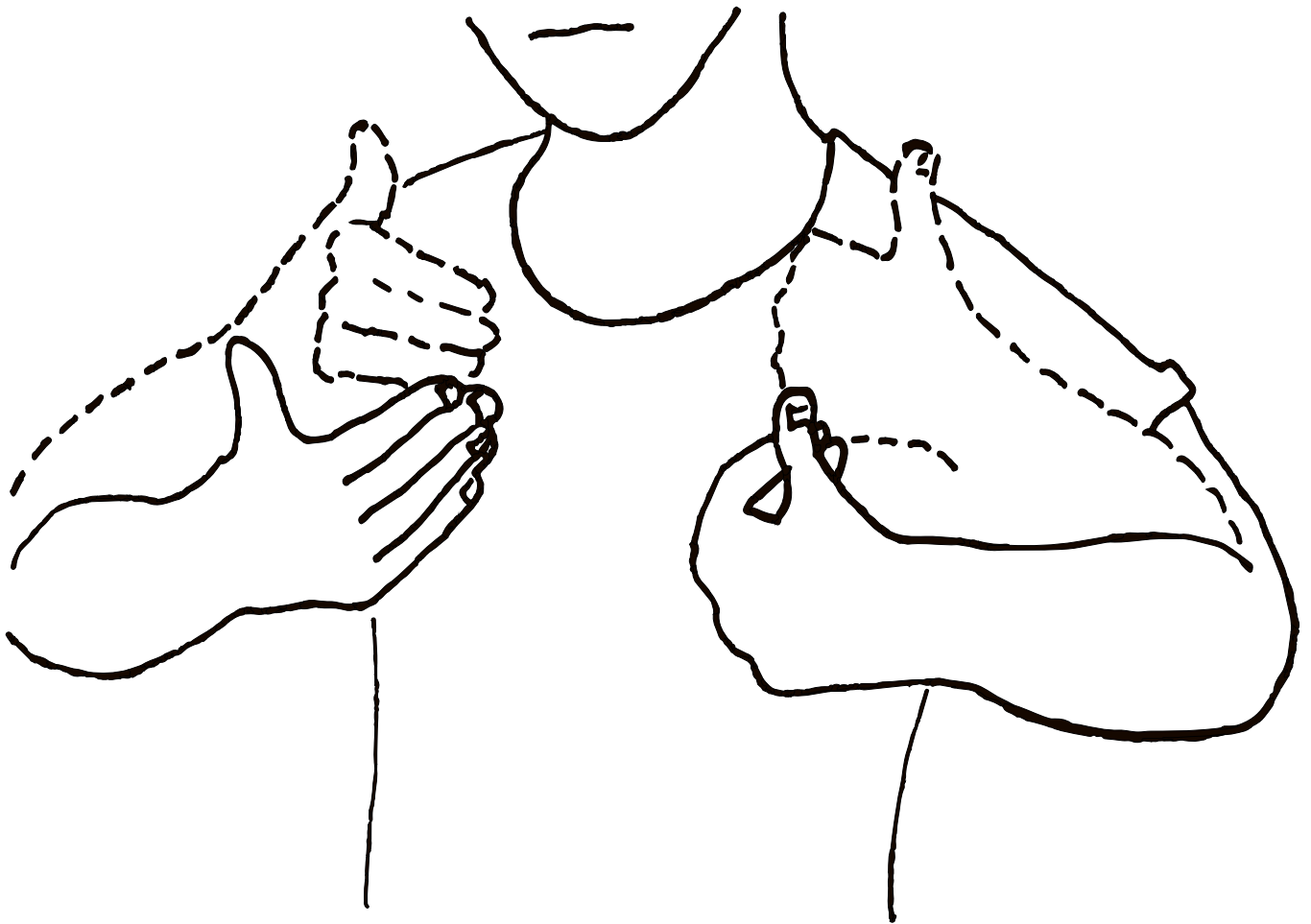
Click image for video.

HOW TO SIGN

TIRED

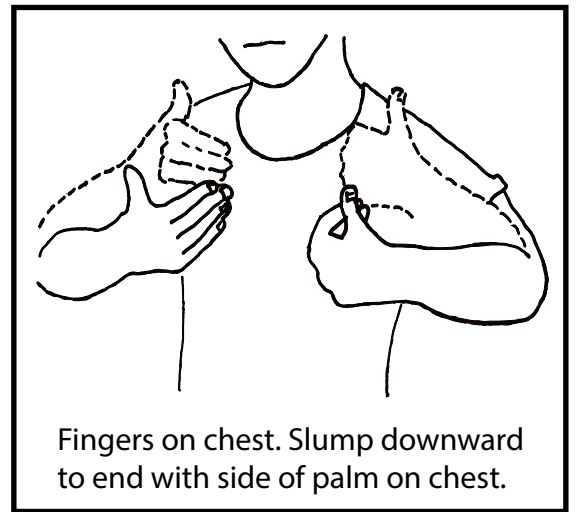


Tired



Fingers on chest. Slump downward to end with side of palm on chest.

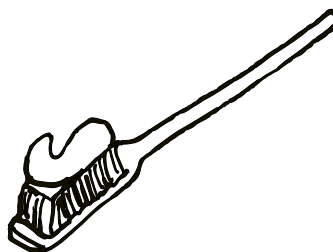
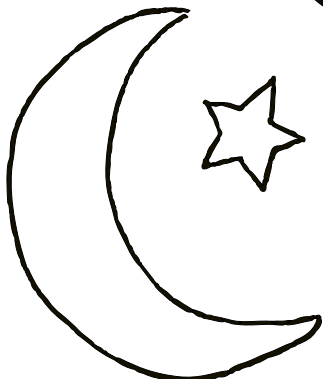
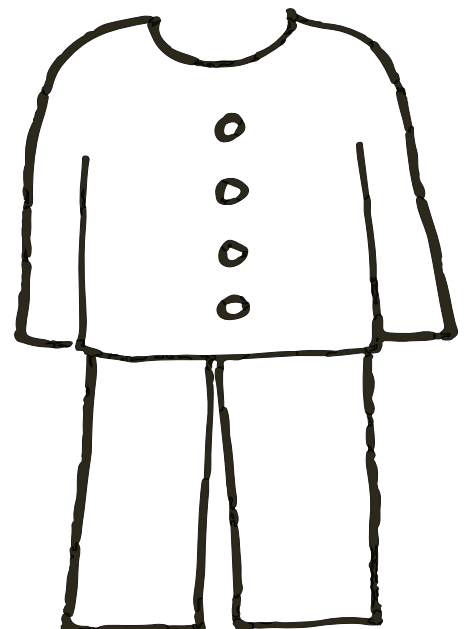
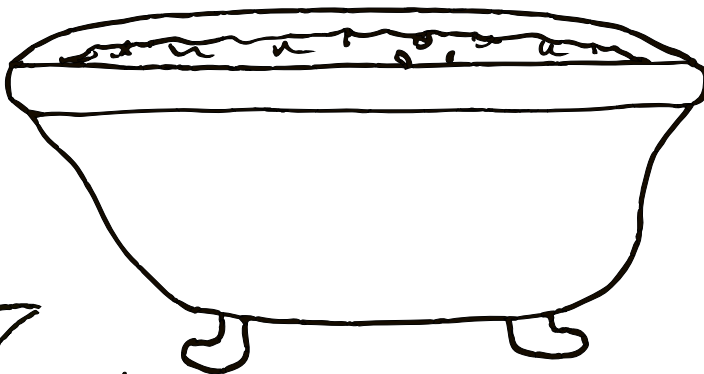
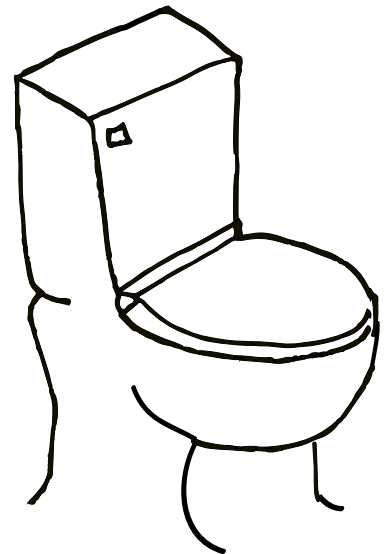
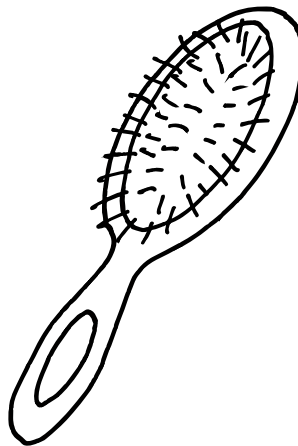
Tired



Name _____

Date _____

Color then circle what you do before bed.



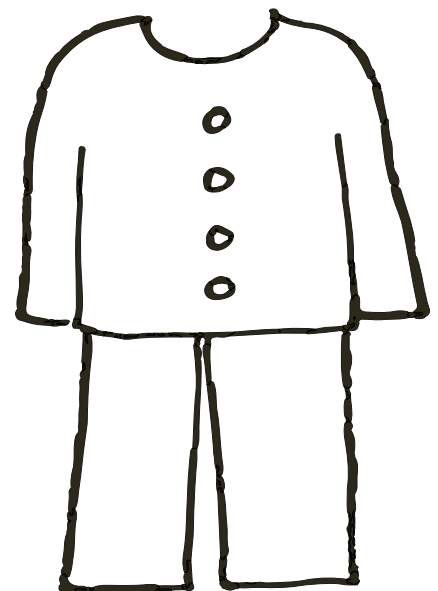
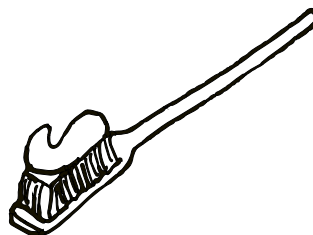
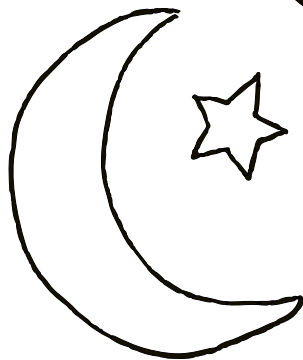
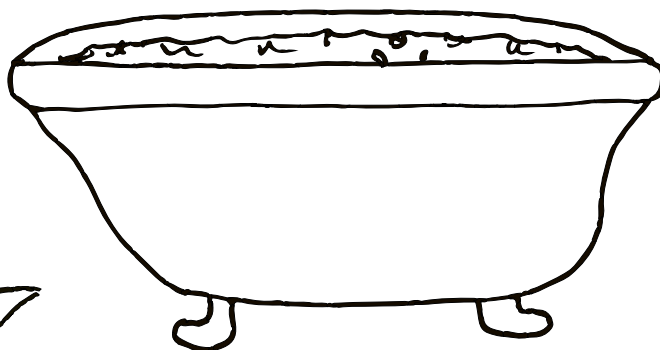
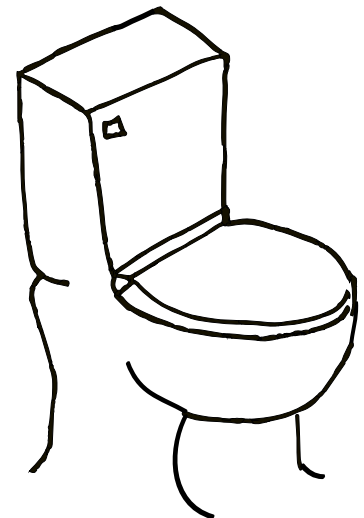
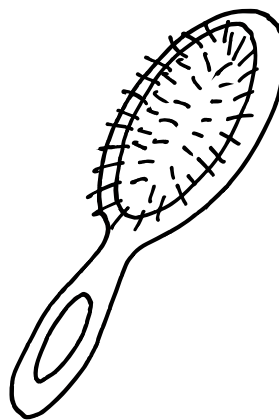
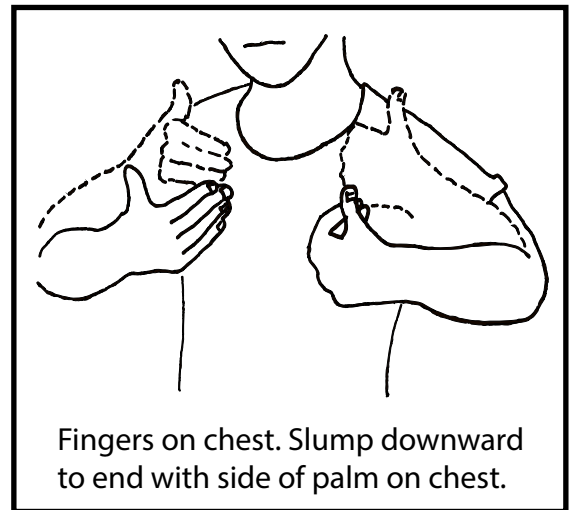
Tired

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Craft: Make a sleep mask out of felt.

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Idea: Discuss favorite bedtime routines.



Child's Name

www.signbabysign.org

Date word was signed

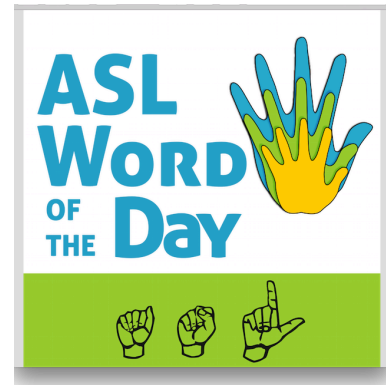
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A note from the author:

I love sign language! I believe in the many benefits it has to offer. You must too since you bought this book. Let's get started one word at a time. This book series is designed with the tools you need for a successful learning experience that is both educational and fun.



Cynthia F Long, Founder

I'd love to hear from you. We want to highlight your child any chance we can. Send us feedback (on our contact page), ideas, and upload a photo or video of your child/class learning new signs @

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