

# Tired

**Level:** Pre-K, K, 1, 2

**Category:** Emotions Activity Book

**Topics:** Creativity, Memory, Story Telling, Fine Motor

**Materials:** Paper, cotton balls



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

**Students follow directions on each worksheet.**

**Craft:** Students decorate paper with clouds and raindrops for the perfect nap scenery.

**Game:** Simon Says - use gestures you'd see at bedtime.

**Idea:** Students share what their favorite thing to sleep with is.

## Example

The worksheet is titled 'Emotions: Tired' and includes a 'Name' and 'Date' line. It features a drawing of a child sleeping in bed with a thought bubble above them. The text 'When I am tired, I go to bed and dream about...' is followed by several lines for writing. A small inset shows the ASL sign for 'Tired' with the instruction 'Fingers stay on chest. Finish slump downward.' The bottom of the page has a copyright notice: '© SignBabySign® LLC All rights reserved. ASLTeachingResources.com'.

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HOW TO SIGN

TIRED



# Tired



Fingers stay on chest.  
Pivot/slump wrist downward.

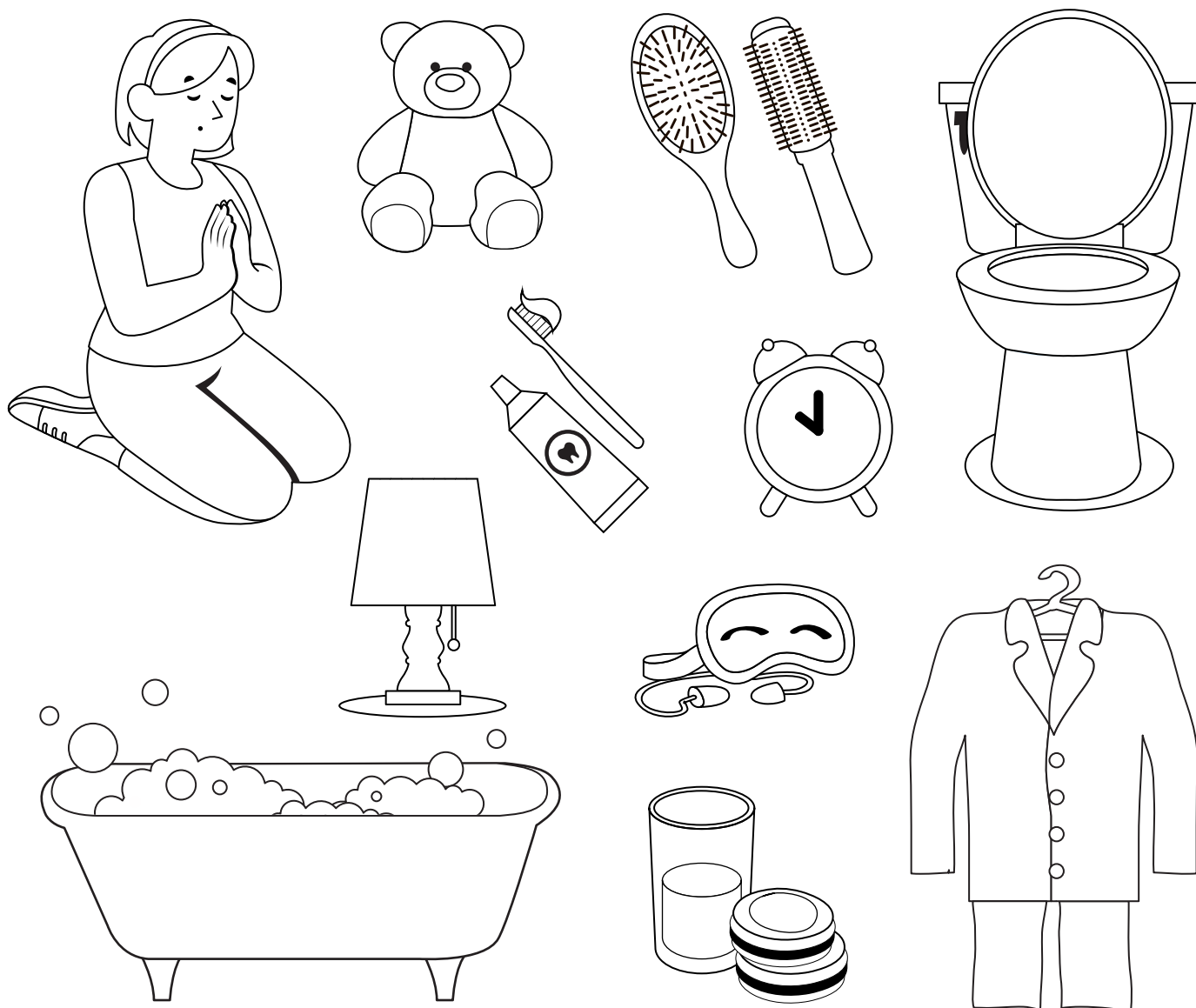
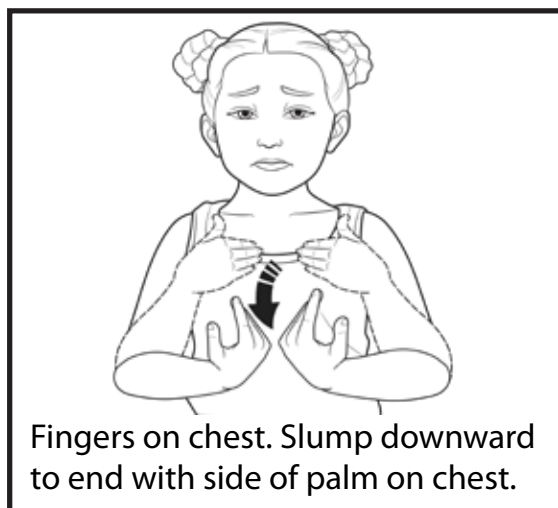
# Tired

**Color then circle what you do before bed.**

**Craft:** Make a sleep mask out of felt.

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

**Idea:** Discuss favorite bedtime routines.



Child's Name

Date word was signed

# Tired

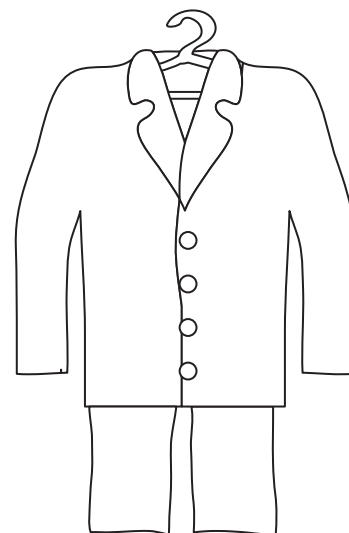
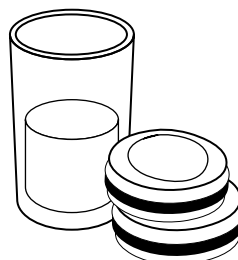
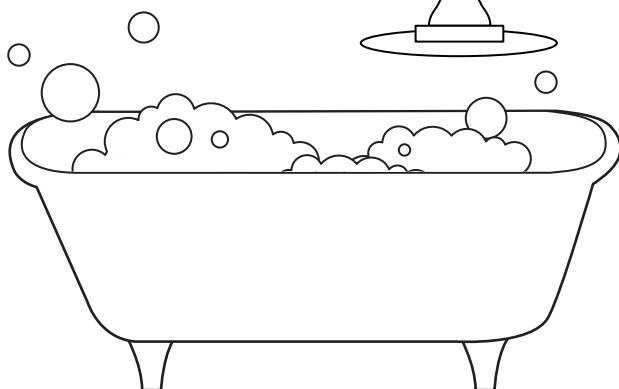
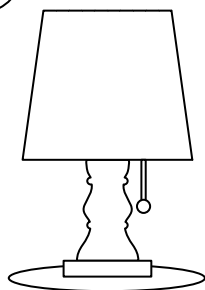
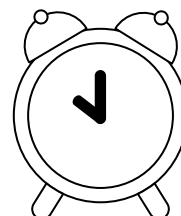
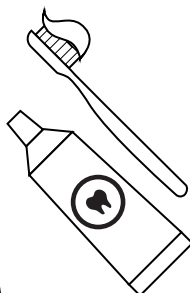
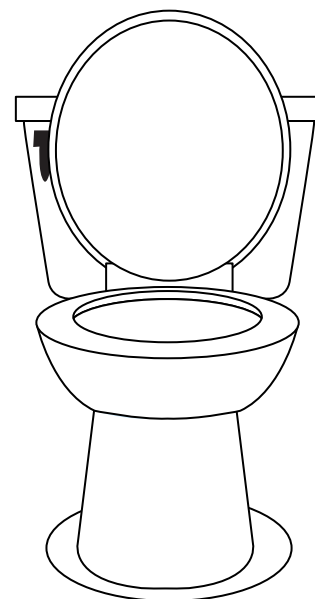
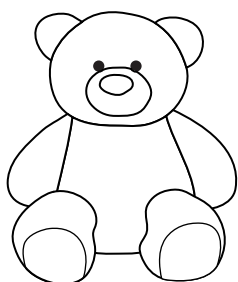
Name \_\_\_\_\_

Date \_\_\_\_\_

**Color then circle what you do before bed.**



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



Name \_\_\_\_\_

Date \_\_\_\_\_

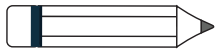
# Emotions: Tired

Tired



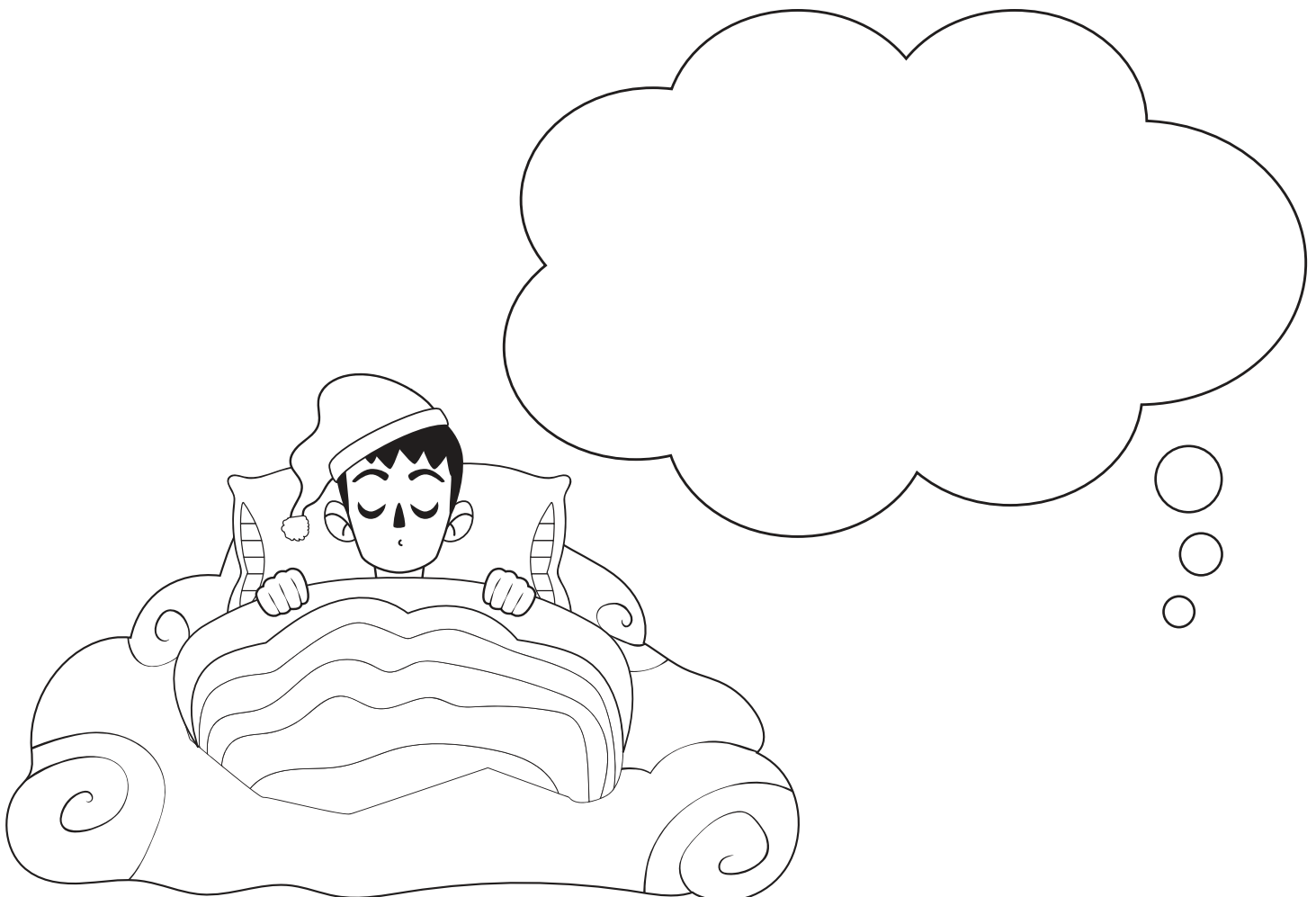
Fingers stay on chest.  
Pivot/slump wrist downward.

**Directions:** Answer the prompt then draw a picture below to match.



*When I am tired, I go to bed and dream about...*

Handwriting practice lines consisting of three sets of solid top and bottom lines with a dashed middle line.





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## About the Author

Cynthia Long is a Nationally Certified Interpreter and the founder of Sign Baby Sign LLC. She has extensive experience homeschooling and interpreting in the classroom for primary, secondary, and post-secondary levels; she is dedicated to providing ASL teaching resources to schools and families across the U.S. All of the ASL resources on [ASLTeachingResources.com](http://ASLTeachingResources.com) are developed from years of experience in educational systems as a Nationally Certified ASL Interpreter.



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