

# Night-night!

Book: [The Going to Bed Book](#), by Sandra Boynton (YouTube)  
[Ten in the Bed](#), by Super Simple Songs (YouTube)

Music: [Bedtime for Baby](#), by Hal Write (Hoopla)



## Bouncing Song:

### Are you Sleeping?

Are you sleeping? Are you sleeping? (Sway back and forth)

Brother John, Brother John.

Morning bells are ringing,

Morning bells are ringing.

Ding, ding dong!, Ding, ding dong. (Bounce up and down)



### Hey Diddle Diddle

Hey diddle diddle the cat and the fiddle  
The cow jumped over the moon (move baby from one knee to the other)  
The little dog laughed to see such sport,  
And the dish ran away with the spoon

## Action Rhyme:

### Five little monkeys jumping on the bed.

Three little monkeys jumping on the bed.

One fell off and bumped his head.

Mamma called the Doctor and the Doctor Said.

No more monkeys jumping on the bed.

(Four, three, two and one)



(five fingers jumping on bed/hand)  
(tap head)

(pretend to use phone)

(scold monkeys with your finger)



## Song/Finger Play:

### Twinkle Twinkle Little Star

Twinkle twinkle little star,

How I wonder what you are

Up above the world so high

Like a diamond in the sky

Twinkle twinkle little star,

How I wonder what you are.

(wiggle fingers above head)

(put hand on chin)

(point above head)

(draw a circle in air above head)

(wiggle fingers above head)

(put hand on chin)



## Action Rhyme:

### Teddy Bear, Teddy Bear

Teddy bear teddy bear touch your nose

Teddy bear teddy bear touch your toes

Teddy bear teddy bear go up stairs

Teddy bear teddy bear say your prayers

Teddy bear teddy bear turn off the light

Teddy bear teddy bear say good night

(touch nose)

(touch toes)

(pretend to walk up stairs)

(fold hands under chin)

(pretend to turn out a light)

(say "goodnight")

### Bouncy Rhyme: Star light, star bright

Star light, star bright,  
First star I see tonight,  
I wish I may, I wish I might,  
Have this wish, I wish tonight.



## Closing Song:

### Roly Poly

Roly poly, roly poly, in and out, in and out, (roll baby on lap)

Roly roly poly, roly roly poly, in and out, in and out. (roll fwd & back)

Roly poly, roly poly, nose and toes, nose and toes, (touch baby's nose

Roly roly poly, roly roly poly, nose and toes, nose and toes. and toes)

### Rock-a-bye Baby

Rock-a-bye baby  
on the tree top  
when the wind blows  
the cradle will rock  
If the bow breaks,  
the cradle will fall  
and mom/dad will catch baby  
cradle and all.