

## Getting Ready for Day and Night Week

### Suggested Books:

Time For Bed by Mem Fox  
Goodnight Moon by Margaret Wise Brown  
Love You Forever by Robert N. Munsch  
Llama Llama Red Pajama by Anna Dewdney  
Black? White! Day? Night! By Laura Vaccaro Seeger  
Catholic Prayer Book for Children  
Sleepy Book by Charlotte Zolotow  
Twilight Comes Twice by Ralph Fletcher  
Night Monkey, Day Monkey by Julia Donaldson  
(All books are available in my book store)

### Songs:

#### Are you sleeping?

Are you sleeping, are you sleeping,  
Brother John? Brother John?  
Morning bells are ringing,  
Morning bells are ringing.  
Ding, ding, dong.  
Ding, ding, dong.

#### Twinkle, Twinkle

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.

#### The Sun (fingerplay)

The sun makes the outside a warm place to play  
(arms above head in circle)  
It makes the flowers grow each day  
(holding up hands wiggling fingers)  
The sun hides its face during the night  
(cover face with hands)  
But during the daytime it shines - oh so bright  
(arms above head in circle)

#### You are my sunshine

You are my sunshine, my only sunshine  
You make me happy when skies are gray

You'll never know dear, How much I love you!  
Please don't take my sunshine away!

### Daffodils Fingerplay

(Show fingers or make daffodil puppets from cupcake liners and craft sticks!)

One little daffodil had nothing much to do,  
Out popped another one, then there were two.  
Two little daffodils were smiling at a bee,  
Out popped another one, then there were three.  
Three little daffodils were growing by the door,  
Out popped another one, then there were four.  
Four little daffodils were glad to be alive,  
Out popped another one, then there were five.  
Five little daffodils were wearing golden crowns,  
They danced in the breeze in green satin gowns.

### Setting up the Centers:

#### Dramatic Play:

Darken this area if possible. Draw the shades or put blankets over the window. Set out pajamas and blankets for dolls. Let child play dressup in his/ her pajamas, bathrobe, slippers, etc.

#### Blocks:

Add small dollhouse furniture and figurines, so children can build ranch-style doll houses out of blocks without a roof, and arrange furniture in the rooms.

#### Music Center:

Set out several lullaby CDs, some classical music like Beethoven's Moonlight Sonata, and some "wake up" music – band music with lots of trumpets

**Materials to gather:**

1. Who Went to Bed activity. Gather small items, like a toy car, pencil, crayon, spool of thread, pin cushion, TV remote, doll shoe, etc. To play game, set three or more items in a row on the table. Have child name them. Then cover his eyes. Take one item away (It went to bed). Ask child if he can name what is missing?
2. Shaving cream, blue food coloring or tempera paint
3. Fence post or 4 foot long stick, a fence-post pounder (can be expensive if you can't borrow one. Could try to dig a hole for the stick and bury it. It won't be as solid.
4. White paint, black construction paper, precut yellow moon. A screen and old toothbrush for splatter painting. A paint smock is nice.
5. Long sheet of paper, from a roll of freezer paper or butcher paper. Draw a yellow sun in the center. Crayons, markers, or magazines to cut apart. Black or brown marker for drawing shadows.
6. Flashlight, assorted small toys, like matchbox car, thimble, toy teacup, tinker toy, etc.
7. Crayons, large sheet of white drawing paper.
8. Black paint, large paint brush, toothpick or spoon
9. Swimming suit? Weather permitting
10. Collage materials: paper and fabric scraps, pasta, sequins, glue, sturdy paper or poster board for background.
11. Oatmeal box, large nail or ice pick, pictures of constellations, flashlight
12. Flour/water clay (see recipe), drinking straws
13. Clear finish spray adhesive
14. A tent
15. Shoelaces, or lengths of yarn with one tip hardened (wrap tape around it).

A note about Friday's Backward Day: Many preschoolers, especially younger ones, do not do well when their routines are changed. If your child is like that, don't spring Friday's "backward day" on them. Prepare them in advance and remind them about it. Stick to some parts of the schedule, like nap time. And if they are overly upset, then stop.

**Night and Day Week: Monday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Introduce vocabulary words: sun, moon, stars, night, day, light, dark, twilight, evening, morning, sleep, rest, awake, sunglasses, sunny, cloudy, cold, warm, nightmare, shadows. Teach "Twinkle Twinkle" if child doesn't already know it.
7:45	Breakfast
8:00	Table Activities: Who went to bed? Lay out a row of items. Let child look at them, then close his eyes. Take one item away. Child opens eyes and tries to guess what's missing. (What went to bed). Use more items for older children, perhaps only three items for younger ones.
8:15	Free Play: set out props for dramatic play, blocks, books, music centers.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Pound a long stick or fence post into the ground in an open area. Measure the length of its shadow several times today. Why does the shadow change?
11:15	Project: Spray some shaving cream on the table top, and drizzle it with blue food coloring or blue tempera paint. Child smears it all over, and "sky writes" in the shaving cream.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Check the stick/fence post sundial. Notice how the sun has warmed the backyard. Is the sandbox or slide warmer now? Notice something in the shade, and if it is cooler.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Splatter paint white paint on black construction paper, to make a star filled sky. Then glue a yellow moon-shape in the sky.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Day and Night Week: Tuesday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary. Teach “Are you sleeping”. Sing favorite songs.
7:45	Breakfast
8:00	Table Activities: playing with a flashlight, check out the shadows of various objects. Could use same things from yesterday’s “Who went to bed” game.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: Measure child’s shadow in the same spot – at different times during the day.
11:15	Project: Shadow Play. Draw a big yellow sun in the middle of a long sheet of butcher paper. Child can draw figures or paste magazine cut outs on either side of the sun. Then help the child draw shadows of each figure, with the shadow starting at the base, and slanting AWAY from the sun.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Measure shadow. Then play in the sand. Notice how the sand is warm after being in the sun all day
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Step one of three part project: color. Have older preschooler color people at work or at play, younger preschoolers simply color. Fill the paper with color. Help child, color on same page as him, keep him company and talk about the different activities we do at day or at night. SAVE.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Day and Night Week: Wednesday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Sing songs. Teach “The Sun” fingerplay.
7:45	Breakfast
8:00	Table Activities: step two of project: Paint colored picture from yesterday. Paint it solid with black paint, and let it dry.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Take child swimming, if weather permits.
11:15	Project: Take a blunt object, like the rounded edge of a spoon, or a toothpick, and scrap away some of the black paint to reveal the color below. Scrape away designs. Or scrape away to reveal the figures who were working at night. DONE.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Ride tricycle.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Collage. Set out a variety of materials, for child to cut and glue to a solid background. Like paper scraps, fabrics, yarn, sequins, magazine cut outs, elbow macaroni (uncooked), and more.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Day and Night Week: Thursday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review songs. Teach “You are my sunshine”. Practice vocabulary words.
7:45	Breakfast
8:00	Table Activities: Constellations. Punch holes in an oatmeal box bottom to make a constellation. Shine flashlight through box to display “stars” on the wall of a darkened room.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time Play shadow tag. Try to step on each other’s shadows. Show children how to make it more difficult but squatting down to make their shadow smaller, or “hiding” their shadow by stepping in the shadow of a larger object.
11:15	Project: Draw with markers on black paper
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time:.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Child makes beads of different shapes out of flour/water clay. Parent sticks a drinking straw through bead to make it hollow. Allow to dry.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Day and Night Week: Friday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Don't get dressed today! Today is backward day. Have supper for breakfast, wear jammies all day, take your bedtime bath first, etc.
7:30	Do Calendar activity. Teach Daffodil fingerplay. Sing other songs.
7:45	Dinner
8:00	Table Activities: Puzzles
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Can you ride your trike backwards? What about walking backwards?
11:15	<b>Project:</b> Remove drinking straws from yesterday's beads. Child paints beads bright colors, allow to dry. (If beads turned out very pretty, parent may wish to spray coat them with a clear finish to make them last longer).
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	<b>Outside time:</b> Pitch a tent in the backyard. Play camp out. Later tonight, after supper, parent and child should lay down outside after dark and look at constellations. Child might not be mature enough to actually sleep outside.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	<b>Project:</b> Play with beads. String them on shoelaces or lengths of yarn with one tip strengthened with tape. Make pretty necklaces for self, dolls, mom, grandma.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, (Go outside and look at the stars)
8:00	Bed.