

Things we like to do: Night time

# Picture Book Program

# Developed by ArtPlay and Family Services as part of the Picture Book Program.

# Star light

Moon light

We’ve been thinking about things we like to do at night time!

We like...

Listening to stories all about me

Splashing in the bath with Mr Ducky

What do you like?

Families love to create cosy and familiar bedtime rituals.

The things we like to do at night time help us slip into a sound and restful sleep.

Listen to our song online and sing along with the lyrics on page 5 of this book.

# THE FAMILIES WHO MADE THIS BOOK

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Night Time: Things we like to do

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### About this project

The Picture Book Program 2016 is a partnership between two branches of the City Communities Group within the City of Melbourne – Community Services (Family Services) and Arts Melbourne (ArtPlay). The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment.

The illustrations, text, and music in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book and a song to be enjoyed again and again.

## Family Services

Literacy Project Facilitator: Tamara Hrabric-Krajcar

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## ArtPlay

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The City of Melbourne respectfully acknowledges the Traditional Owners of the land, the Boon Wurrung and Woiwurrung (Wurundjeri) peoples of the Kulin Nation and pays respect to their Elders, past and present.

Star light

Moon light

Mama sings a lilting lullaby

Drawing pictures with the stars in the sky

Street lights

Fairy Lights

Listening to stories all about me

Splashing in the bath with Mr Ducky

Hear a drum

Hear a heartbeat

Snuggling up on mummy’s lap

My fingers tickling daddy’s back

Hear the rain

Hear the music

Milk turns me into a bedtime fairy

Tucked up in between my family with teddy

Night light

Dim light

Everyone’s asleep now I can dream

Of lions, pink flowers, and chocolate ice cream

# Things we like to do at night time

[Follow this sound cloud link to sing along](https://soundcloud.com/artplay-picture-book/things-we-like-to-do-at-night-time)[[1]](#footnote-1)

## Lyrics

Star light

Moon light

Mama sings a lilting lullaby

Drawing pictures with the stars in the sky

Street lights

Fairy lights

Milk turns me into a bedtime fairy

Tucked up in between my family with teddy

Curling my fingers

around my hair

Cuddling with papa in our favourite chair

Hear the Rain

Hear the heart beats

Snuggling up on mummy’s lap

My fingers tickling daddy’s back

Hear a clock

Hear drums

Listening to stories

all about me

Splashing in the bath with Mr Ducky

Everyone’s asleep now I can dream

Of lions, pink flowers, and chocolate ice cream

Soft pillow

Sweet dreams

Silence

Goodnight

# Activities

## Galaxy playdough

### You will need:

* 1⁄2 cup salt
* 1 cup plain flour
* 2 tablespoons cream of tartar
* 1 cup water
* 1 tablespoon oil
* Red, blue and yellow food colouring
* Silver glitter

### Instructions:

Mix all ingredients in a saucepan over medium heat until doughy. To get a dark midnight colour: use a lot of blue, some red, and a small amount of yellow food colouring (add more as you go if you need). Next, tip it out and knead until you’re happy with the texture. Lastly, add the glitter!

## Salad Spinner Painting

### You will need:

* Salad spinner
* Washable paint in “squeezie” bottles
* Small paper plates

### Instructions:

Place a paper plate inside the salad spinner and have your child drop a few globs of paint anywhere on the plate. Place the lid on and give it a fast spin, your child will love this bit! Open the lid and take a look inside at your spin art! Carefully pull out the plate and let it dry.

## Did you know?

These creative activities help children develop fine motor skills, working the muscles in their fingers and hands. They also promote concentration and focus, developing the child’s attention span.

Singing with children helps develop their vocabulary and language skills. Music in the home is soothing and promotes family bonding.

1. https://soundcloud.com/artplay-picture-book/things-we-like-to-do-at-night-time [↑](#footnote-ref-1)