



**Title:** Time to Sleep

**Author/ Illustrator:** Denise Fleming

**Age Range:** 4-7

**Topics/Themes:** animals, hibernation

See video of this book read aloud here: [Time to Sleep](#)

**I. COMPONENTS OF BOOK (REVIEW EACH SESSION)**

- Author, Illustrator (roles of each)
- Title; front and back covers; spine

**II. INTRODUCTION (PREP QUESTIONS)**

- a. Model a think-aloud strategy with the students:
  - What animal is on the cover? What is the bear doing?
  - When do you think bears sleep? Do they sleep for a long time? Do you know what this is called? – Hibernation
  - Where do you think this story takes place?

**III. INTEGRATIVE STRATEGIES**

a. **During Reading Discussion:**

- Have students predict if they think the next animal will go to sleep for winter or if they will have to run and tell their other animal friend first? Have students guess what animal they might tell next.
- Now that Ladybug has told Bear, do you think they will all be able to rest for winter?

b. **Post Reading Discussion:**

- Conduct a picture walk with the students, recalling what happened in the story.
- P.1 Bear smells winter in the air. How does she know winter is coming? What season comes before winter? – Fall What happens in Fall? - leaves fall off trees
- Is the story fiction, a make-believe? Or, is the story non-fiction, true information that gives you facts to explain something?
  - How do you know?
- How did the animals know it is winter?
  - The frost on grass, leaves changing colors and falling off, shorter days, birds migrating
- What do the animals do to prepare for their winter hibernation?
  - Eat, find shelter

- Share with students- Facts about hibernation:
  - Animals eat all Fall to prepare for their winter nap
  - Animals slow their breathing down, lower their body temperature

**Poetry Selections:**

- Read enclosed poetry to students:

- Bear
- Ladybug
- Turtle

# Song of a Bear

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the big ones

There is danger where I move my feet.  
I am a whirlwind. There is danger where I move my feet.  
I am a gray bear.  
When I walk, where I step lightning flies from me.  
Where I walk, one to be feared.  
Where I walk, long life.  
One to be feared I am.  
There is danger where I walk.

—A Navajo poem

## Grandpa Bear's Lullaby

The night is long  
But fur is deep.  
You will be warm  
In winter sleep.

The food is gone  
But dreams are sweet  
And they will be  
Your winter meat.

The cave is dark  
But dreams are bright  
And they will serve  
As winter light.

Sleep, my little cubs, sleep

—Jane Yolen



## Ladybug

Smaller  
than a button,  
bigger than a spot  
this crimson queen  
with midnight polished  
polka dots  
journeys in  
her ruby shell,  
across  
the walks,  
along  
the cracks,  
among  
the petals of a rose—  
carefully,  
tenderly she goes.

—Rebecca Kai Dotlich

# **“I Am Home,” Said the Turtle**

“I am home,” said the turtle, as it pulled in its head  
And its feet, and its tail. “I am home, and in bed.

“No matter what inches and inches I roam,  
When the long day is done, I am always at home.

“I may go whole feet . . . even yards . . . in a day,  
But I never get lost, for I’m never away

“From my snug little house and my snug little bed.  
Try being a turtle!—That’s using your head!

“You can go on forever, no matter how far,  
And whatever you need is wherever you are!”

(“Is there one thing I miss when I’m snuggled in tight?  
Yes: there’s no room for someone to kiss me good night.”)

—John Ciardi



YELLOW-SPOTTED AMAZON RIVER TURTLE