



Activity 1 of 9

Remember the story

1. What time does Shmuli get out of bed to find Totty?

2. What does Shmuli squeeze first?

3. What does Totty say thoughts can be like?

4. Who does Shmuli teach the trick to?



Activity 2 of 9

Fact or guess? (circle one)

1. Shmuli's pet hamster lives at school. Fact / Guess
2. Totty is angry that Shmuli is up. Fact / Guess
3. Balloon breathing means breathing slowly with a hand on your belly. Fact / Guess
4. Shmuli falls asleep within two minutes the second night. Fact / Guess



Activity 3 of 9

Think and write

1. What thoughts keep your brain busy at bedtime?

2. Why does trying hard to sleep make it harder?

3. What helps your body feel heavy and calm?



Activity 4 of 9

Word search (find all 6)

Words: BEDTIME, BALLOON, CLOUDS, SQUEEZE, BREATHE, HAMSTER

R	T	C	N	P	W	F	S	M	O	J
S	P	O	N	N	U	D	I	P	M	H
H	Q	O	U	P	C	T	E	P	Y	I
A	T	U	O	A	Y	M	N	A	L	Y
M	T	L	E	B	E	D	T	I	M	E
S	S	P	I	E	L	J	R	G	B	V
T	D	S	P	I	Z	D	M	D	B	G
E	U	J	A	B	R	E	A	T	H	E
R	O	B	A	L	L	O	O	N	A	T
R	L	J	R	L	I	D	B	E	G	A
H	C	I	R	I	F	H	G	U	W	K



Activity 5 of 9

Scrambled words (from the story)

1. LUDOSC = _____

2. SOET = _____

3. BLNALOO = _____

4. NAKTEBL = _____

5. ATMERHS = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"I will squeeze and let go."

"My thoughts are clouds. I can let them float."

"I will breathe like a balloon."

Activity 7 of 9

My chart

My Bedtime Chart

#	What I did	How my body felt	Did I rest?
Night 1			
Night 2			
Night 3			



Activity 8 of 9

Draw it

Draw a belly balloon filling and sinking, with clouds drifting over a sleepy room.





Activity 9 of 9

Answers

Remember the story:

1. Ten o'clock
2. His toes
3. Clouds floating across the sky
4. His cousin Chaim

Fact or guess: 1 Fact; 2 Guess; 3 Fact; 4 Guess

Scrambled words: CLOUDS, TOES, BALLOON, BLANKET, HAMSTER

Think and write: answers will vary; talk them over together.