

Starry Night

In the Starry Night project, your child will explore the differences between the world at night time compared with daytime, through a range of exciting and creative activities. They will find out about nocturnal animals and how they find food when it is dark. They will find out about people who work at night and the different jobs that people do when we are asleep.

They will discuss bedtime routines and the importance of a good night's sleep. They will explore the night sky and find out about the Moon and stars.

Useful websites

Useful websites

NHS - Healthy sleep tips for children

Pampers - 9 lullabies to help your baby fall asleep

Oral Health Foundation - Downloads and resources

CBeebies - Space

Good reads

Peace at last

Whatever next!

Night monkey Dat monkey

How to catch a star

Supporting your child at home

- Look at the night sky and see how many stars you can see each night.
- See how the Moon changes shape each night.
- Go on a short walk after dark or go into the garden. Take a torch to light the way. Discuss how things look different in the dark.
- Talk about bedtime routines and the importance of a good nights sleep. Draw bedtime pictures , make a list of bedtime activities or create a routine chart.
- Look inside your mouth using a mirror. What do you see? How do you look after your teeth.
- Listen to lullabies and choose your favourite one.
- Nocturnal animals are awake during the night time and sleep during the day. Diurnal animals are awake during the day and sleep at night time. Tick the animals that are nocturnal. Choose one of the nocturnal animals and find out three facts.
- Make a room dark. Shine a torch onto a wall and make shadows by putting objects in front of the torch. You could play a guess the object game or trace shadows onto paper.
- Use a torch or glow sticks and practise writing letter shapes or your name in the air using big movements.
- Go outside on a clear night and look at the sky. Draw a picture of what you can see.