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What happens when I fall asleep?

Twinkle, twinkle, little star. Why are there stars in the sky at night? Does everyone go to bed at the same time? It's time to find out more about night time.

This half term, we'll be listening to planet inspired music and watching a presentation about the patterns of the stars. Snuggling up with comfy cushions and blankets, we'll listen to bedtime stories and nursery rhymes in our sleep shack role play area. Zzz… Wide awake once more, we'll learn about people and services that work at night, the Hubble Telescope and nocturnal animals. We'll also find out more about how good bedtime routines can have a positive impact on our health, and take part in a series of bedtime challenges. Ready, steady, brush your teeth! In our mathematics lessons, we'll play with the shape and size of star patterns, and create moons of different sizes out of sparkly play dough. Getting creative, we'll make constellations and star mobiles out of silver sequins and glittery pompoms.

At the end of the project, we'll share and reflect on what we have learnt, and we'll use our knowledge and creativity to write a bedtime story to take home to read. We'll also hold a pyjama day.

Areas of learning	**Early Learning Goals**
Communication and language	Listening and attention; Understanding; Speaking
Physical development	Moving and handling; Health and self-care
Personal, social and emotional development	Self-confidence and self-awareness; Managing feelings and behaviour; Making relationships
Literacy	Reading; Writing
Mathematics	Numbers; Shape, space and measures
Understanding the world	People and communities; The world; Technology
Expressive arts and design	Exploring and using media and materials; Being imaginative

Help your child to prepare for their project

The night is all right! Why not do some stargazing together after dark, either from your garden or, even better, a rural location with minimal light pollution? There are apps you can use on your phone to help you to identify stars and constellations! You could also keep a dream diary, noting down and comparing dreams with each other. Alternatively, talk to people in your family who have worked at night. What are the similarities and differences between working in the day compared to the night?