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 entering the celestial world of a mobile planetarium. We'll listen carefully to a presentation about the patterns of the stars, and ask an expert questions about the universe. Snuggling up with comfy cushions and blankets, we'll listen to bedtime stories and nursery rhymes. 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 out of battery-operated tea lights, 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 lullaby sing-along for new babies and their parents.

Language, literacy and communication skills	Oracy; Reading; Writing
Mathematical development	Developing numerical reasoning; Using number skills; Using measuring skills; Using geometry skills; Using data skills
Personal and social development, well-being and cultural diversity	Personal development; Social development; Moral and spiritual development; Well-being
Knowledge and understanding of the world	Places and people; Time and people; Myself and other living things; Myself and non-living things
Physical development	Personal; Adventurous and physical play; Health, fitness and safety
Creative development	Art, craft and design; Music; Creative movements

Help your child 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 at night?

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