



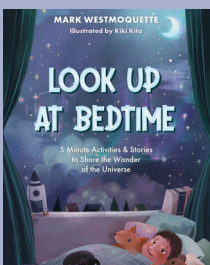
MARK WESTMOQUETTE

Illustrated by Kiki Kita

LOOK UP AT BEDTIME

5 Minute Activities & Stories
to Share the Wonder
of the Universe

Activity Pack



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Look Up At Bedtime
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Starry Night Sensory Walk

Take a nighttime walk with an adult, whether around your garden, through your neighbourhood or in a quiet park. As you walk around, use your senses to observe your surroundings!

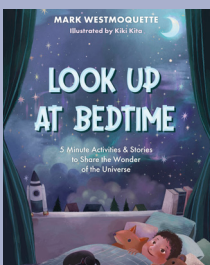
What do you see?
Can you see the moon
or any stars?

What do you hear?
Can you hear an owl
or leaves rustling
in the wind?

What do you feel?
Can you feel the wind
against your skin?

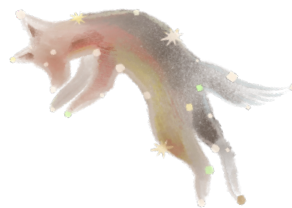
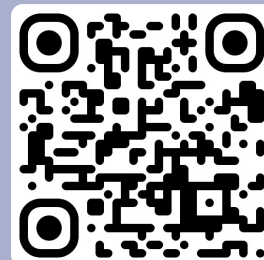
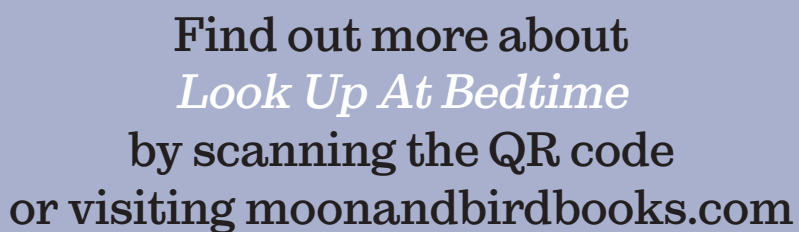


When you return home, write about your experience
on the following page!



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Go Stargazing

Find a comfortable spot – this could be in your garden or just by your bedroom window.

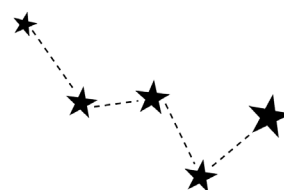
Look up at the night sky. How many stars can see? Use the boxes below to tick off when you spot each of these well-known constellations.

☐

The Plough

☐

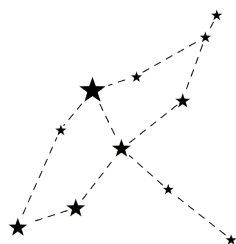
Orion

☐

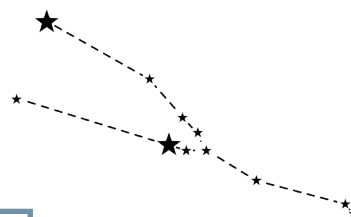
Cassiopeia

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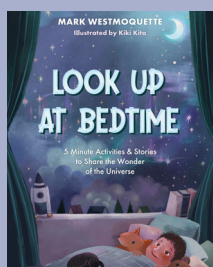
Leo

☐

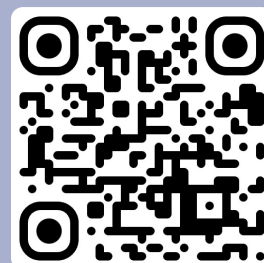
Cygnus

☐

Taurus



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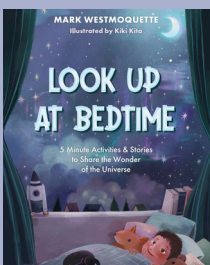




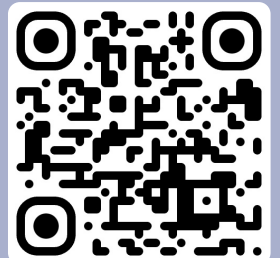
Draw Your Own Star Map

Look up at the night sky and try making up your own constellations. Draw the stars below, then connect them with lines.

What would you call your new constellations?



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Build Your Own Starry Sky

Transform your room into a beautiful night sky!

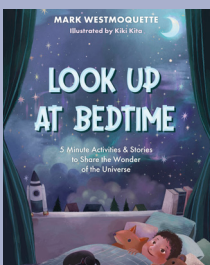
You Will Need

- Paper (any colour you like!)
- Scissors
- Glue or tape
- String
- Glitter, stickers or felt tips

What To Do

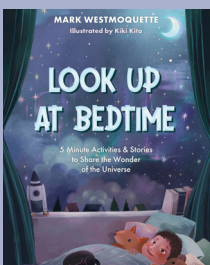
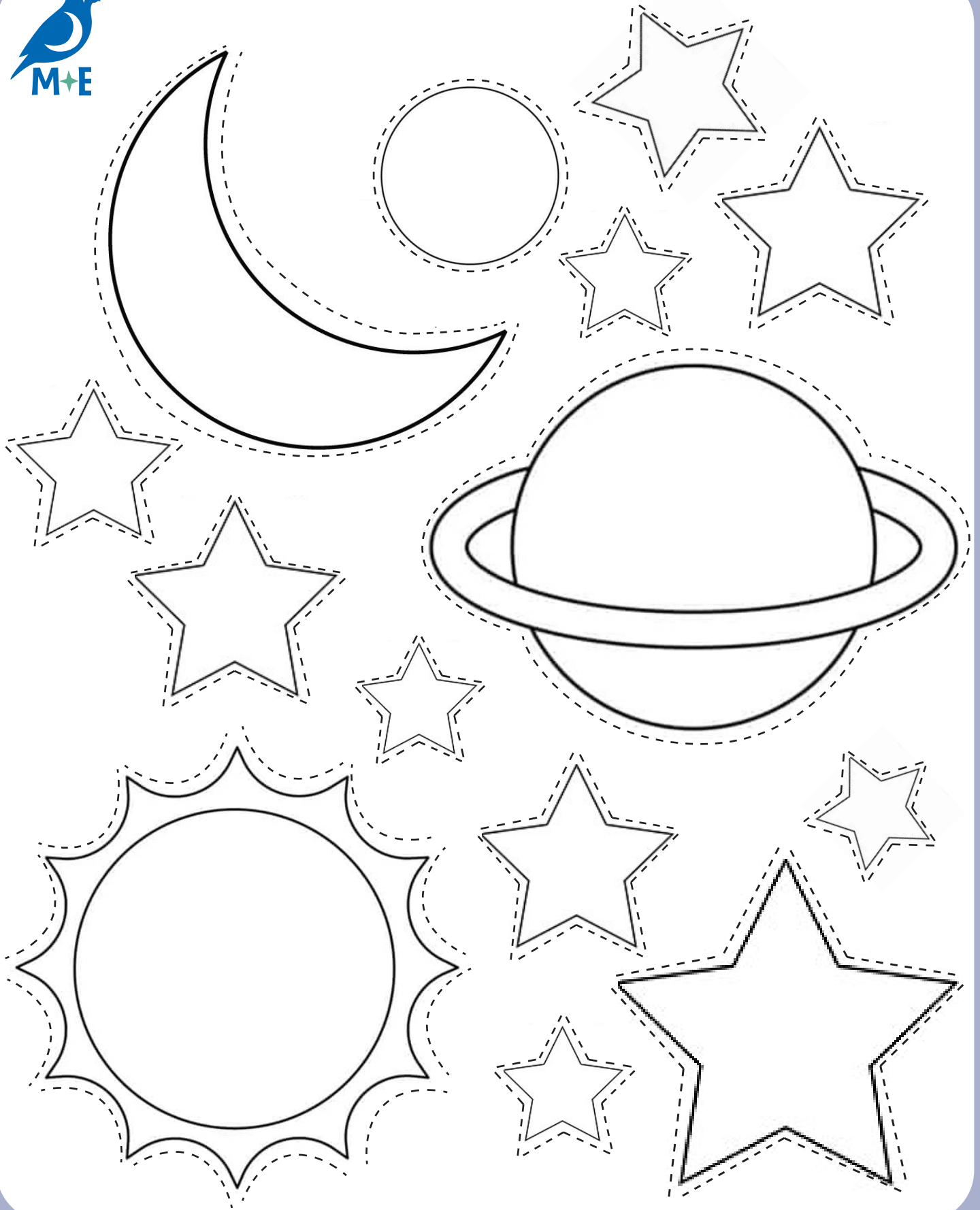
1. Cut out the different shapes on the next page.
2. Decorate them with lots of colour, glitter, markers or stickers. Make them sparkle!
3. Either attach the shapes to string and tape to your ceiling so they hang down, or tape them directly to your walls or ceiling.

You could even replicate your favourite constellation on your bedroom ceiling with the stars. Imagine creating your own star map in your room!

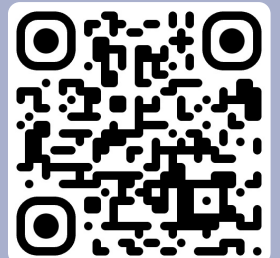


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Send Wishes of Kindness

Think of someone who might need some extra kindness – it could be a grandparent, a friend or someone you haven't seen in a while. Maybe they are sick, feeling lonely or they live far away.

On the next page, write down:

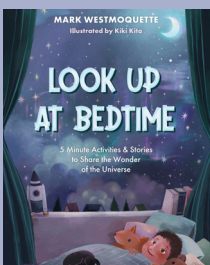
- Why you love and appreciate them
- A happy memory with them
- A happy wish you've made for them (for example, hoping they have a happy day!)



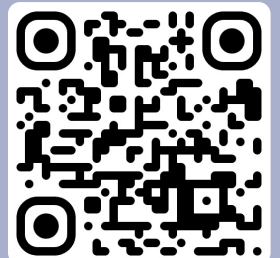
Look up at the stars or the moon and send your wishes to them on a beam of starlight or moonlight. You could ask an adult to call your person on the phone, then ask them to look up at the sky at the same time as you.



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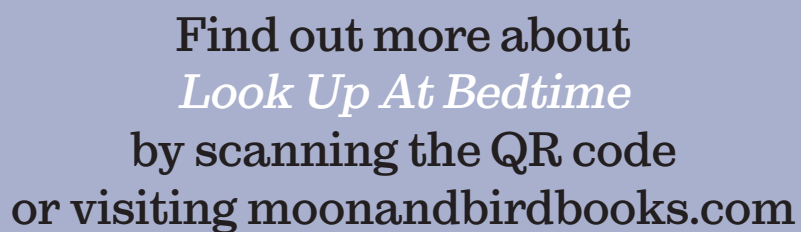


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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.





Draw Your Internal Weather

Imagine that the feelings you currently feel inside your body are like the weather. Some days are sunny and bright, some days are rainy and cloudy and other days are a mix!

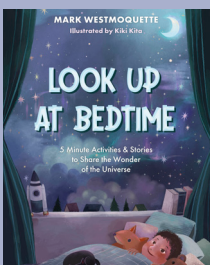
Look at the body outline on the next page. Using any colours, drawings or patterns you want, show how you feel right now.



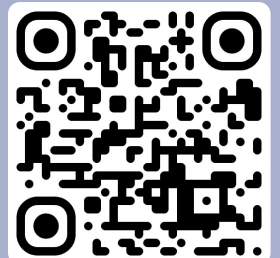
Feeling happy and full of energy? How might you draw that?

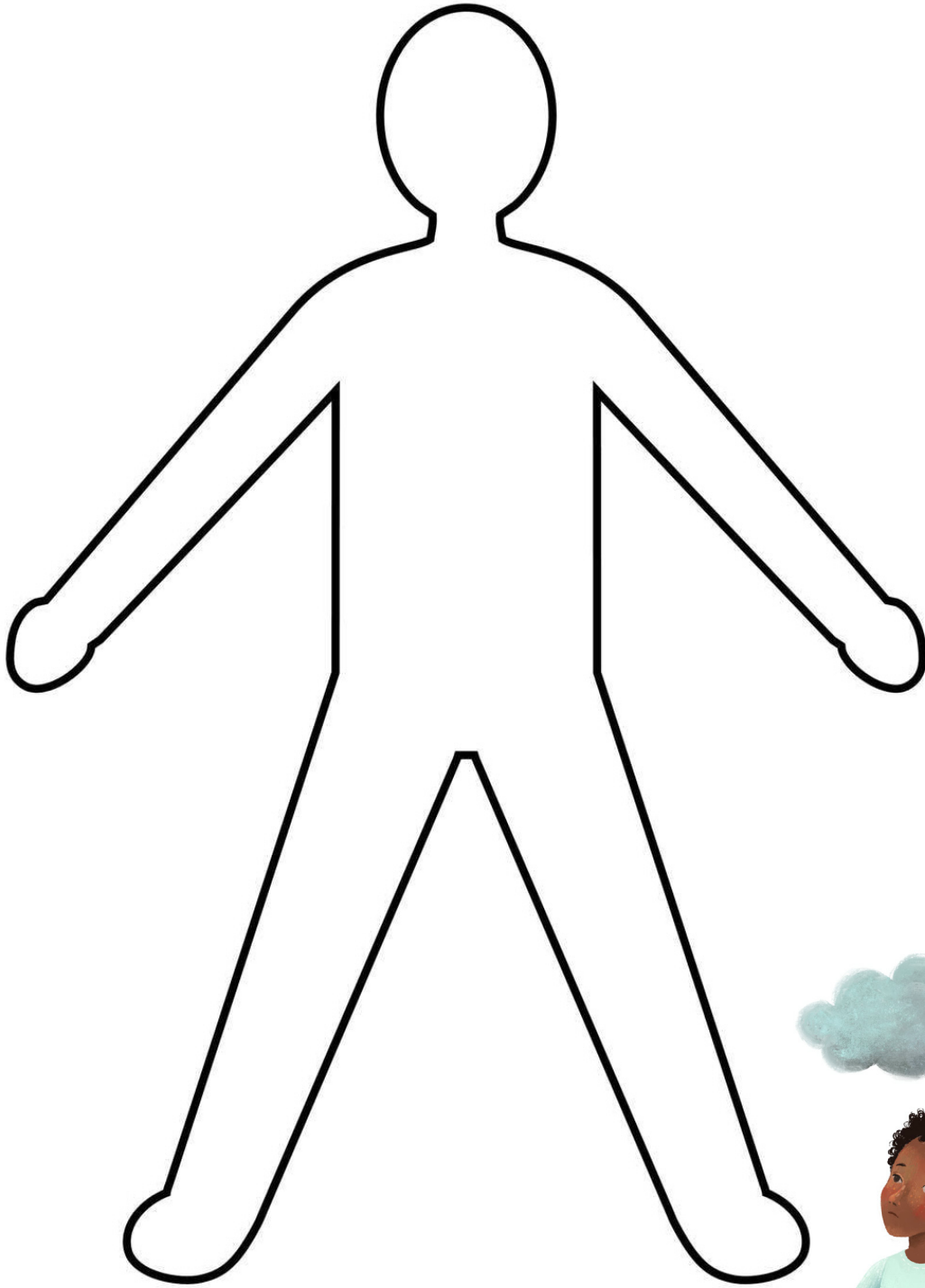
Feeling sad or tired? How might that look? What colour does that feel like?

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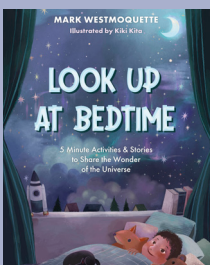


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Share your drawing with a family member and talk to them about how you drew your feelings. Ask them to draw their feelings too.

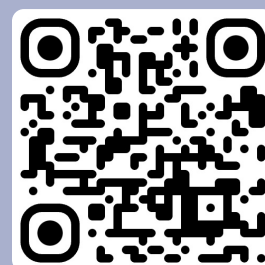
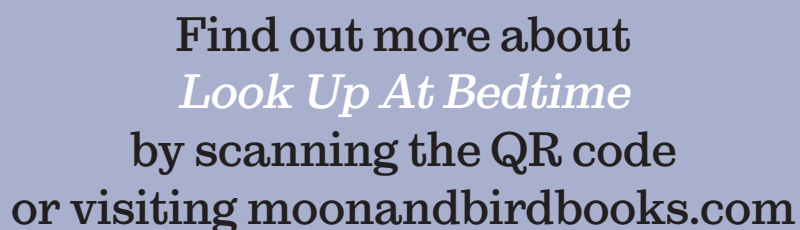


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Write down your story below.

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For Caregivers
+ Educators

Questions To Ask A Child About Stargazing

Want to start an engaging discussion with children about stargazing and connecting with the night sky?

Here are some conversation starters for you!

1. If you could fly into space, where would you go first?
2. What's the most magical thing about looking at the stars?
3. Every part of your body was once floating around in space in a huge gas cloud. How does it feel to know that?
4. What's your favourite constellation and why?
5. As you look at a star, do you think there's anyone looking back at you wondering the same thing?
6. What do you think a child hundreds of years ago would have thought about the stars you're looking at now?
7. How do you feel when you look up at the night sky and see the moon and stars?
8. What do you think it would be like to stand on the moon and look back at our planet Earth?



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