

# 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 will look carefully at the patterns of the stars, and ask 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.

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 at one of our Family Friday sessions.

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

## 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?