

Bedtime

MARCH

The clock is ticking and the night is near,
Stand up tall, not a sound should I hear.
Reach up high, stretch down low,
Touch your shoulders and then your nose.

Now follow me softly up the stairs,
One foot at a time or even like a bear!
When we get to the top, stop and wait,
My oh my it is getting late.

Did you brush your teeth? If not, let's go.
All done? Let's move on, nice and slow.
Try walking backwards your hands on your hips,
When you get to your room, in your bed you must slip.

Snuggle under the covers, pull them up tight,
Wrap up like a hotdog for the night.
One last stretch from your head to your toes,
Now a kiss goodnight on your sweet little nose.

You did a great job now the day is done,
More playing tomorrow, we will have fun!
For now, go to sleep and dream sweet dreams,
Of jumping in puddles and swimming in streams.