

Lesson 2: Develop and Maintain a Special Bedtime Ritual



Vocabulary Practice:

Ritual - act done regularly, usually without thinking about it.	<i>Coffee and the newspaper are part of my morning ritual.</i>
Sleep - the resting state in which the body is not active and the mind is unconscious.	<i>I usually sit up in bed and watch the TV news before going to sleep.</i>
Funny - amusing; causing laughter.	<i>Jerome is so funny.</i>

Dialogue Reading:

It's time to go to bed

Mark: Mommy, can we sleep together tonight?

Mom: Why, dear?

Mark: I'm just afraid there might be a ghost!

Mom: Haha! You are so cute and funny, Mark. Ok, let's sleep together.

Mark: Will you read me a bed time story, mom? Should I get the book?

Mom: Sure, dear. We will read the story of a brave little boy.

Mark: Ok, mom. That is my favorite story; the adventure of little Mikee.

Mom: Come here now and lie besides me. Let's start reading the story.

(after reading the story)

Mom: Ok, Mark it's time for you to pray now. You know how important it is for you to pray so that you can have good dreams.

Mark: Yes, mom!

Mom: Good night, dear. I love you!

Mark: Good night too, mom. I love you too!

Exercise:

Answer the following:

1. What is a ritual?

- a. an act done regularly
- b. a daily schedule
- c. an unusual event in one's life

2. What is sleep?

- a. the resting state in which the body is not active but the mind is aware of the world.
- b. the active state in which the body and mind are both active
- c. the resting state in which the body is not active and the mind is unconscious

3. What is funny?

- a. attention grabbing
- b. amusing; causing laughter
- c. joyous enough to cause tears

4. How does reading a story to our child before they sleep beneficial for them?

5. Do you read bedtime stories to your child? Why or why not?