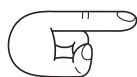


MAKE A BEDTIME STAR

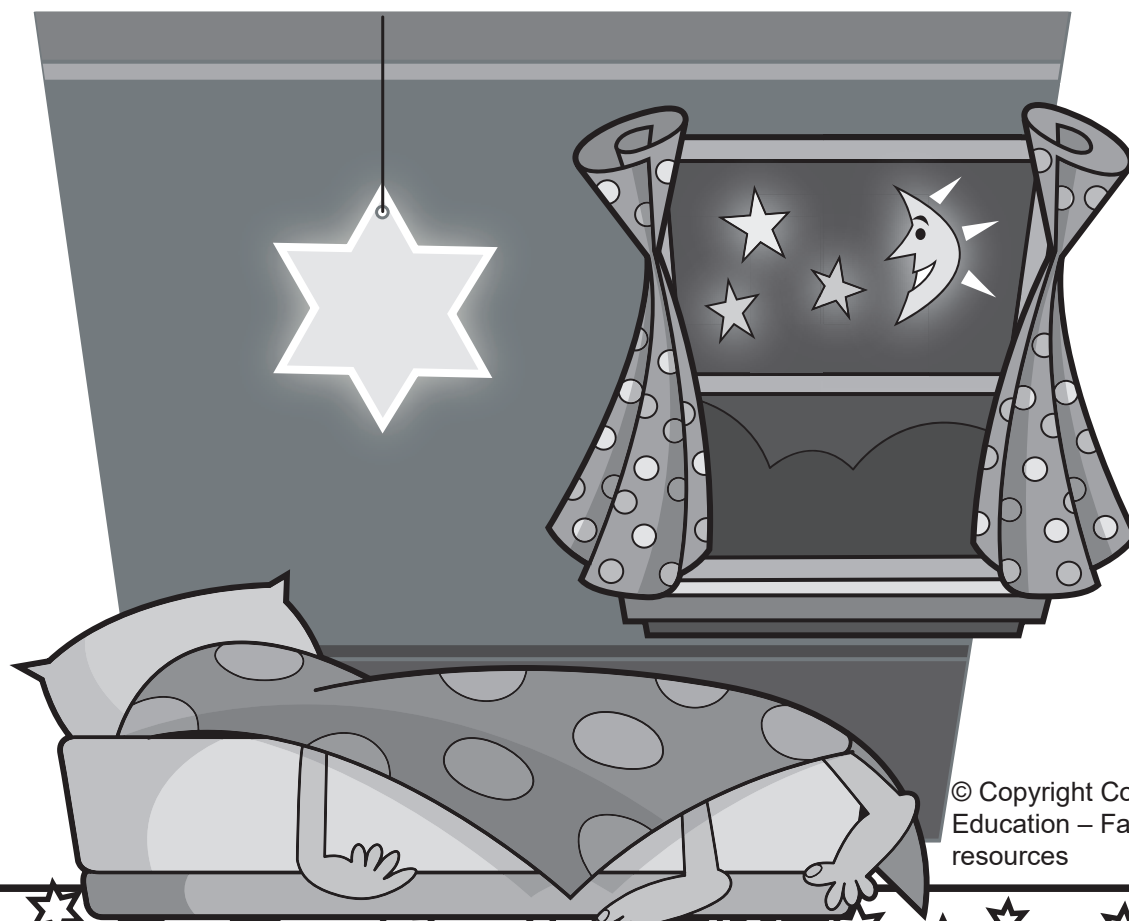


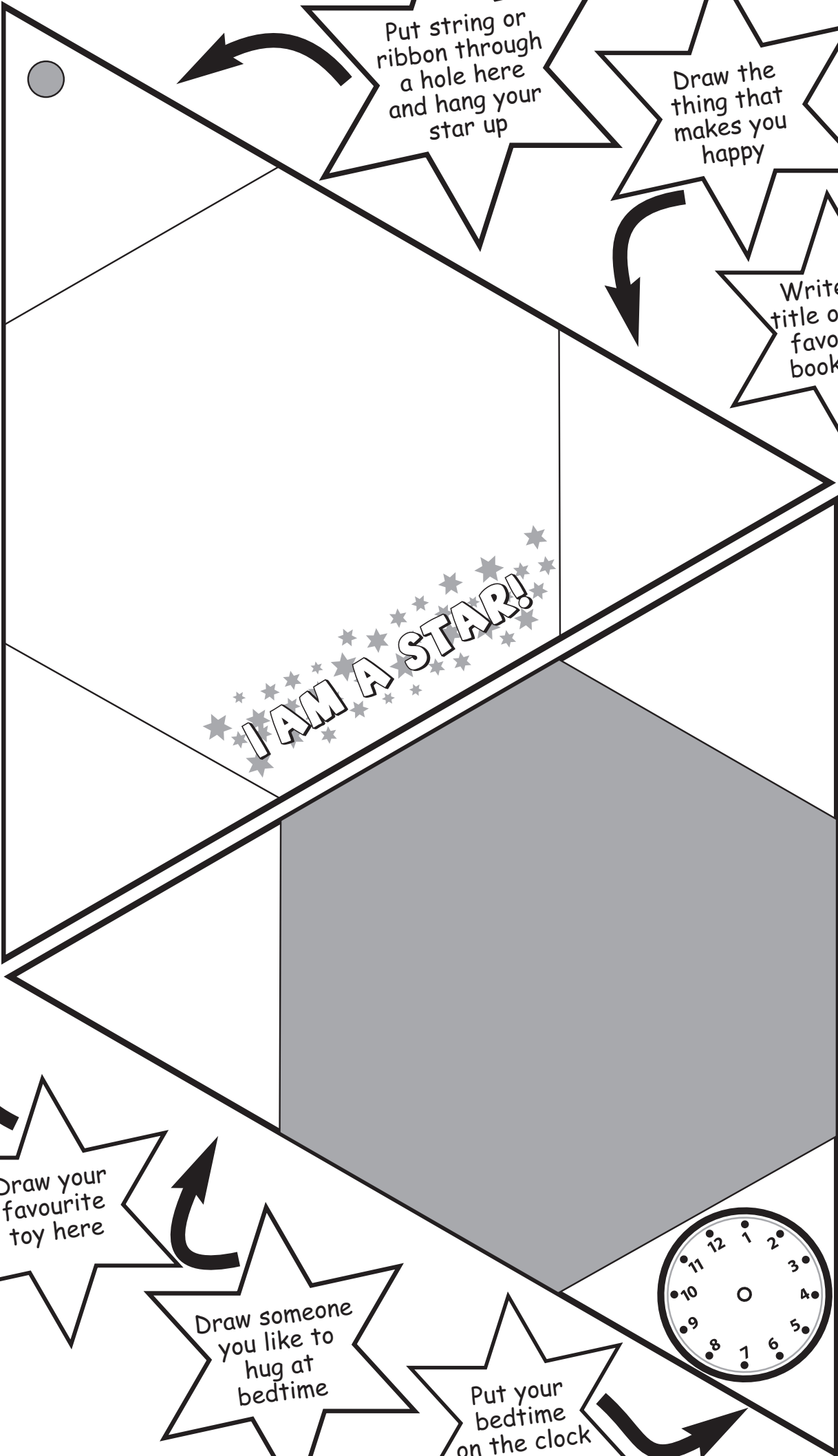
On the page below you will see 2 triangles.
Here are some steps to follow:

1. Make your body the shape of a star. Can you jump or dance, star-shaped? Draw yourself as a jumping star in the middle of the top triangle. Draw other pictures in the star points, according to what the sheet says.
2. Cut out the triangles and stick them onto card. (You can use card from an empty cereal packet.)
3. Glue the cut-out card triangles together to make a star. Decorate the back of the star as well if you want to.
4. Make a hole in the top point of the star and put a loop of ribbon or string through so that you can hang the star in your bedroom to remind you how special you are. Look at the star at bedtime every night. You could make more stars for your bedroom or for other people in your family.

You will need:

A gluestick (or PVA glue thinned with a little water), card, safety scissors.



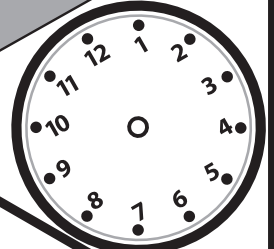


Put string or ribbon through a hole here and hang your star up

Draw the thing that makes you happy

Write the title of your favourite book here

I AM A STAR!



Draw your favourite toy here

Draw someone you like to hug at bedtime

Put your bedtime on the clock

Draw yourself as a jumping star here