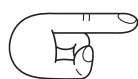


# MAKE A BEDTIME STAR

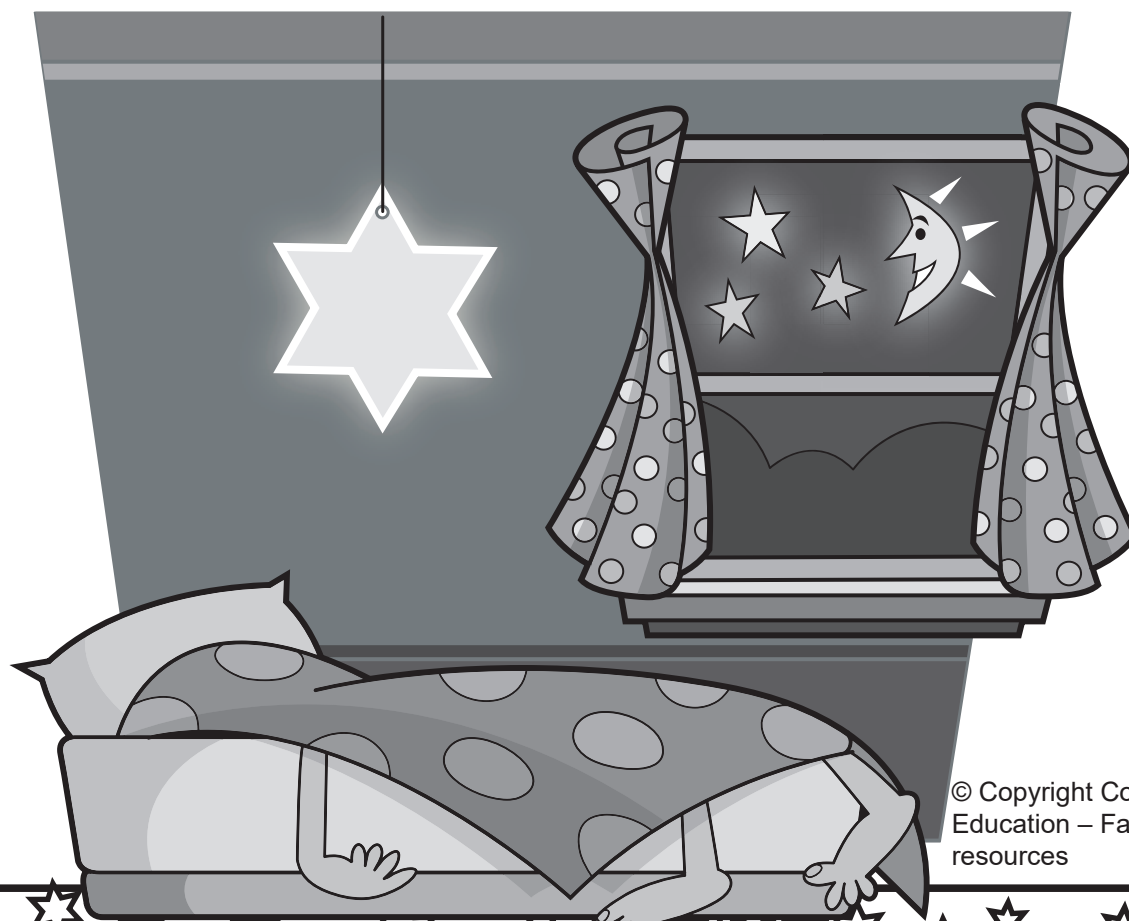


On the opposite page you will see 2 triangles.

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 pictures in the star points.
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. 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.



Draw yourself as a jumping star here

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

