Ridiculous rituals

Where to start: This exercise invites kids to use humor and imagination to write about something routine. Start with a conversation about what silly bedtime habit they’d like to adopt. It could involve what they wear, where they sleep, or something they do just before bed.

Prompt: In Alaska in the summer, it’s light outside all night long. Bats sleep during the day, hanging upside down. What’s something weird about your bedtime routine?

How to go deeper: Draw a picture of this world where people do crazy things before bedtime. (Use the back of this page to draw.)