

## Lesson 2: Develop and Maintain a Special Bedtime Ritual



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Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

<b>Sleep</b> - 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>
<b>Funny</b> - 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.

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**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?

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- 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?