

Bedtime Routines

In *Goodnight Moon*, we hear a bunny saying goodnight to everything in their room as they get ready to go to sleep. The story was inspired by author Margaret Wise Brown's own childhood ritual of saying goodnight to toys and other objects in her nursery as she drifted off to sleep. During this activity, participants will think about their own bedtime routine and create a movement sequence inspired by the things they do to get ready for bed.

Materials Needed:

You will need a piece of paper and a writing utensil. You will need space to move around in and a device for listening to music.

*“Goodnight stars, goodnight air,
goodnight noises everywhere.”*
- Margaret Wise Brown

Directions:

Step 1: Define Your Bedtime Routine

- Grab a piece of paper and something to write with. Make a list of all of the things you do when you're getting ready to go to sleep. Either write them in the order that they happen, or number them for yourself after the fact.
- Try to be as detailed as possible. It may feel helpful to physically walk through each step and location if you're having trouble remembering everything.
- If you have more than five items on your list, choose five that you want to work with for this activity. They could be the five things that feel most important or just the five things that are the most fun to do. You choose for you!

Step 2: Create Movements

- Take each item on your list and act it out using only your body. Try to be as accurate as possible even though you're not physically using a book, bed, toothbrush, and other items. Explore with your body!
- Using levels is encouraged! Some actions may work best while you're laying on the ground, while others work better when you're crouched or standing on your tip-toes.
- Try each action a couple of times so that it feels familiar. Remember what you've created because you'll come back to it later. It may feel helpful to make notes for yourself next to each item as you create it.
- Consider how you feel as you're doing each activity. For example: Do you enjoy flossing your teeth? Does it feel good to finally lay down in your bed? See if you can let your emotions show on your face and be expressed in the rest of your body as you do each activity.

Step 3: Put Everything Together

- Choose a piece of music to accompany your movements.
- Practice your movements with the music you've selected. Try to do them back to back without stopping.
- See what happens if you exaggerate your movements. It's okay if they don't look as realistic as they used to!

MOVEMENT

**GOODNIGHT
MOON**

Closing:

Share your movement creation with your family and friends. Remember to exaggerate your movements and to let your face and body express how you feel about everything! Ask your audience about their favorite thing to do when they get ready for bed.

Bonus:

Expand your movement adventure with some of these activities.

- Raid your closet to put together a bedtime costume that you can wear while you're presenting your piece.
- Do this activity with multiple people in your house. Take a few movements from each person's creation and put them together to create a group bedtime piece.
- Turn off the lights and shine flashlights (or the light from a cell phone) from different directions as people are doing their pieces. Does this change how it feels to watch the piece?
- Try the same activity but think about your morning routine instead.