

STORY DRAMA

GOODNIGHT MOON

Story Drama with *Goodnight Moon*

Explore the story of *Goodnight Moon* from the inside out, using your body, voice, and imagination with your friends and/or family members, or by yourself.

Materials Needed:

You can do these activities without any particular items and using your imagination. If you have the following things at home, they may enrich your experience:

- The book *Goodnight Moon* by Margaret Wise Brown or [Ms. B can read it to you on YouTube](#)
- Cozy things like stuffed toys, blankets, pillows, a pet who is real or imaginary, etc.
- A thing that can represent the moon - a paper plate, a lamp, a drawing, etc.

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

Directions:

Step 1: Set up your space

- We might be moving around during our creative play together. Notice what room you have, where you can move safely.
- Decide where your sleeping space will be, and where your moon will be.

Step 2: Try to go to sleep!

- Let’s play and use our imagination. We have a problem. It’s not a small problem, it’s not a medium sized problem, it’s a big one! The problem is that we are so tired, so sleepy but we just can’t get to sleep. We really need some help. What are some things we can do at night time to get ready for bed?
- Hopefully you will have lots of great ideas on how to try to go to sleep. Try one. For example, you might pretend to go to the kitchen, get a glass of water, take a drink, and go to bed. Or, since you’re probably at home, you might do that for real. As you settle down into the place you have decided will be your sleeping place for this creative play, you notice that it’s not working. Perhaps your toe taps, or you can’t stop wiggling, or you are humming. If you are a team of a grown-up and a child or children, perhaps the grown-up is the one who is wiggling and can’t sleep. There is a chance to be silly when you’re showing you can’t sleep.
- Notice you are not sleeping! What a big problem! We will keep trying to solve it together! Try another idea. Perhaps you decide to get a nice soft blanket, and you plan to whisper “hush” at each other. This idea will work for sure. Try it out.
- Oh no! You are still not sleeping! We need some other ideas! Try your next ideas. You may consider trying one or two of these ideas. After each one, try to fall asleep, but notice that it’s not working. Perhaps your fingers drum on the bed, or you can’t stop rolling over, or your knee shakes. You just aren’t asleep! Maybe you can try a couple or all of the following ideas:
 - Say goodnight to the kittens. Move your body and use your voice to turn into kittens and say goodnight.
 - Use a real or imaginary comb and brush to take care of someone - comb your hair, brush your pet, brush your stuffed animal, etc.

Step 2: Try to go to sleep cont.

- If you're hungry, pretend to make some mush to eat. What is mush? What would you put in it if you were making some imaginary mush? Take turns adding an ingredient, and stirring the big bowl. Perhaps you add blueberries and chocolate chips. Or mac and cheese and pizza. Or sprinkles.
- Using lots of pretend materials like metal, buttons, glass, wires, etc., build a rocket ship. Fly to the moon, and say "Goodnight, Moon." Also say goodnight to the stars and then the air, when you get back to Earth's atmosphere.
- Turn your body and voice into those of a cow. Jump over the moon. Do you know the rest of that nursery rhyme? Maybe if you say it together, you can sleep. Say goodnight to the cow jumping over the moon.

"Hey, diddle, diddle,"

By Mother Goose

Hey, diddle, diddle,

The cat and the fiddle,

The cow jumped over the moon;

The little dog laughed

To see such sport,

And the dish ran away with the spoon.

- Inflate your bodies to become the red balloon that will be in the book. Start small, make a whooshing sound, and get a little bigger. Then a little bigger, and bigger, until your body is as big as it can be. Perhaps your bubble pops and you fall down safely. Maybe you repeat to make new balloons. What color is your balloon?
- Make a lot of noises that happen at nighttime. What animals are nocturnal and what noises do they make? Be hooting owls, scurrying raccoons, or clicking bats. Say goodnight to them.
- Oh no! You are still not sleeping! It's not a small problem, it's not a medium sized problem, it's a big one! Sometimes when we have big problems, reading a book can help us solve them.

Step 3: The Book Can Help Us!

- Read or listen to the book *Goodnight Moon* by Margaret Wise Brown.
- Notice anything that might have been similar to our creative play, like saying goodnight to the moon, or saying "hush," or being cozy in bed.
- Maybe you wish to repeat saying goodnight to all the things in the book.

Step 4: Finally fall asleep!

- Saying goodnight to the moon, and everything else, really helped us. Reading the book really helped us. We can finally, gently, fall asleep. Maybe we snore a little.

Closing:

Remember what happened? What did we do to try to go to sleep? What did the bunny in the book say goodnight to? Who and/or what will you say goodnight to when you fall asleep tonight?

Bonus:

[Here is a link to the YouTube video of the musical piece.](#) The music starts around minute 1:40.