



Family Fun Activities

Good Night BOZ

Sleep is very important for growing minds and bodies. Children love revisiting the comforting evening routines of bath time and story time highlighted in the *Good Night BOZ* board book.

Book Extension Activities

1. Pajama Party

Host a family pajama party. Invite your child to share something special about how they get ready for bed. Take turns acting out all the parts of a bedtime routine (taking a bath, brushing teeth, and getting cozy in bed). Include a real story time and an end of the day prayer of quiet thankfulness.

2. Shadow Play

Create a fun nighttime atmosphere by hanging or holding a sheet in the middle of a darkened room. Shine a flashlight or other small light behind the sheet. Using hands, fingers, or other props, make shadows behind the sheet. This activity can easily be turned into a game by having family members guess what is making the shadow or by inviting your child to act out his or her own shadow creations for the others in the family.

3. Night Sky Art

Give your child pieces of black paper and white chalk. Encourage them to draw a night sky scene or component. When the pictures are done, revisit each picture as a family. Reflect on the many marvels of the night sky and thank God for the beauty, comfort and wonder that surround us every day and every night.

