

PRE-A1 LESSON

Bedtime!

Time to sleep! Learn bedtime words in English.

Level	Pre-A1 (Beginner)
Age Group	Kids (6-10)
Topic	Daily Routines
Duration	~20 minutes
Skill	Vocabulary

Vocabulary

Emoji	Word	Meaning
☐	moon	the round bright thing in the sky at night
☐	star	a small bright light in the sky at night
☐	bed	the place where you sleep at night
☐	teddy bear	a soft toy bear that children sleep with
☐	story	someone reads this to you before you sleep
😴	sleep	to close your eyes and rest at night
☐	yawn	to open your mouth wide when you are tired
☐	dream	pictures and stories you see when you are sleeping
☐	bath	you wash your body in this before bed
☐	toothbrush	you use this to clean your teeth

Leo's Bedtime

My name is Leo. I am six years old. Every night, I do the same things.

First, I have a warm **bath**. The water is nice. I play with my toy duck. Splash, splash!

Then, I brush my teeth with my **toothbrush**. Up and down, up and down. My teeth are clean!

I put on my pyjamas. They have stars on them. Yellow stars on blue pyjamas. I love them!

I get into my **bed**. My **bed** is soft and warm. I take my **teddy bear** with me. His name is Mr Bear. I hug him every night.

My mum sits next to me. She reads me a **story**. Tonight, the **story** is about a bear who lives in a forest. I like it!

I **yawn**. My eyes are heavy. I am very tired.

My mum says: "Good night, Leo." I say: "Good night, Mum."

She turns off the light. I look out the window. I can see the **moon**. It is big and round. I can see stars too. One, two, three, four, five stars!

I close my eyes. I **sleep**. I have a nice **dream**. In my **dream**, I fly to the **moon** with Mr Bear. We sit on the **moon** and eat cake. It is a good **dream**.

Comprehension Quiz

1. What do you see in the sky at night?

Answer: B) The moon and stars

2. What do you use to clean your teeth?

Answer: C) A toothbrush

3. Complete: 'I ___ to bed at 8 o'clock.'

Answer: A) go

4. What is a dream?

Answer: B) Pictures you see when you sleep

5. What does 'yawn' mean?

Answer: B) To open your mouth wide when tired

6. In the story, who reads Leo a story?

Answer: C) His mum

7. Complete: 'The stars ___ in the sky.'

Answer: A) shine

8. What do you take to bed to feel safe?

Answer: C) A teddy bear