

Reader Guide



Surf Soup Dreams: Goodnight Oatmeal – I Can't Sleep!

By Donna Kay Lau

Fun Activity: Make Your Own Sleepy Bear Oatmeal

Materials Needed: Teddy bear printout, crayons, optional oatmeal recipe cards

Decorate your own "Oatmeal Bear" and tuck it into a paper blanket.

Write a calming bedtime tip on the bear's tummy (e.g., "Take 3 deep breaths").

Send home a recipe card for real Oatmeal Panda Cakes.

Reading Guide:

Before reading: What helps you fall asleep when you can't?

During reading: Follow Koa and the gang's bedtime adventure.

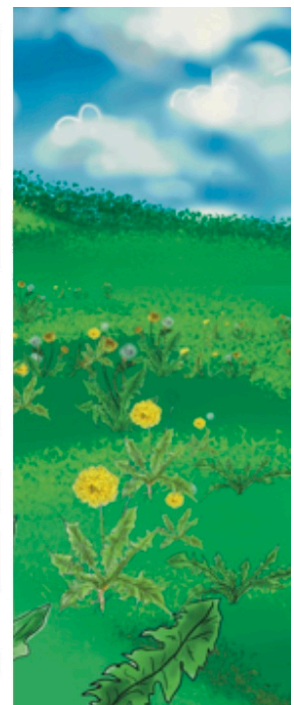
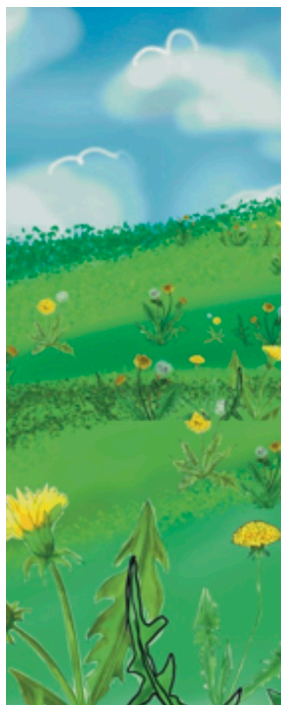
After reading discussion:

What are some reasons kids can't sleep?

How did Oatmeal help the characters?

What bedtime trick will you try tonight?

Extension: Create a bedtime "toolbox" with calm-down drawings, sounds, or tips.



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