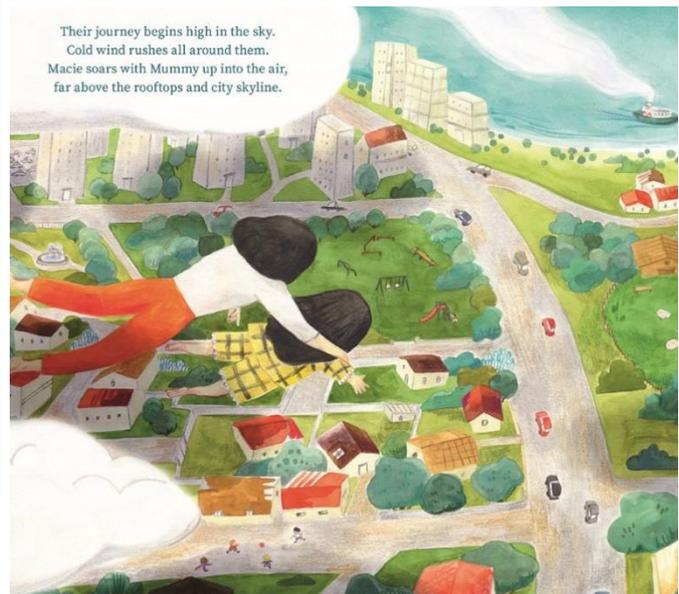


PICTURE BOOK RESOURCES

SUNSHINE AT BEDTIME



Conversation starters:

- *What time is your bedtime?*
- *Is it always dark when you go to bed? Have you heard of Daylight Savings?*
- *What do you know about seasons?*
- *Describe what you think it looks like in space.*

Why does Earth have seasons?

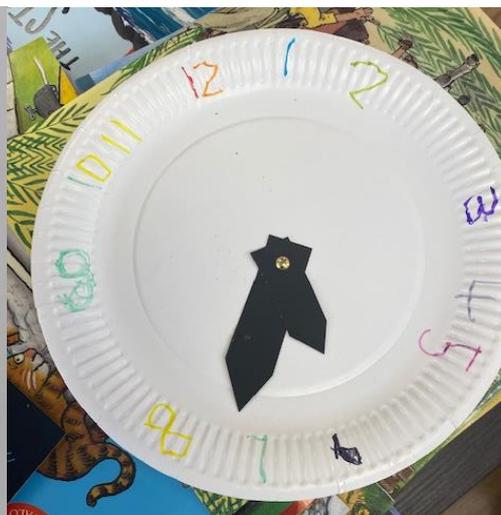
Miki learns why the days seem lighter for longer in summer. Earth is tilted at a slight angle. When it is tilted towards the Sun we receive more sunlight. This is summer. When Earth is

titled away it is winter, and we have shorter, darker days. There is a video explaining more about that here: <https://youtu.be/e9MU4TouzII> Use card, some scissors and paper fasteners to make your own model, showing how Earth revolves around The Sun. You could also make models of the Sun, the moon and Earth to re-enact the solar system with your friends. Don't forget to hold the Earth tilted at a slight angle!



Paper plate clock:

What time do you go to bed? Use a paper plate, some card and a split pin to make your own clock. Can you point the hands to show your bedtime? What about the time you wake up?



Make a mobile! Using pieces of recycled milk cartons, draw and decorate stars with permanent markers. You can attach them with invisible string and make a shooting star mobile! Or you might prefer to draw planets instead and make a model of the solar system. Or both! You can use the endpapers in the book to name the planets and put them in the correct order from the Sun.



Shadow Play!

When Miki and her Mummy fly up into the sky, they see shadows sweeping slowly over the land. Have a go at making your own shadows. You could try standing outside on a sunny day and making shadows on the ground. You might even want to make a shadow theatre. Use an old box, a white sheet and a lamp. Here is a short clip showing you how a shadow theatre works:

<https://youtu.be/IGZlJS3anw8>

And here's a fun video of someone making shadows with their hands. Can you guess which animals they are making? Which shadow animals can you make?

[Shadowgraphy: Guess the hand shadow puppet animals | The Kid Should See This](#)

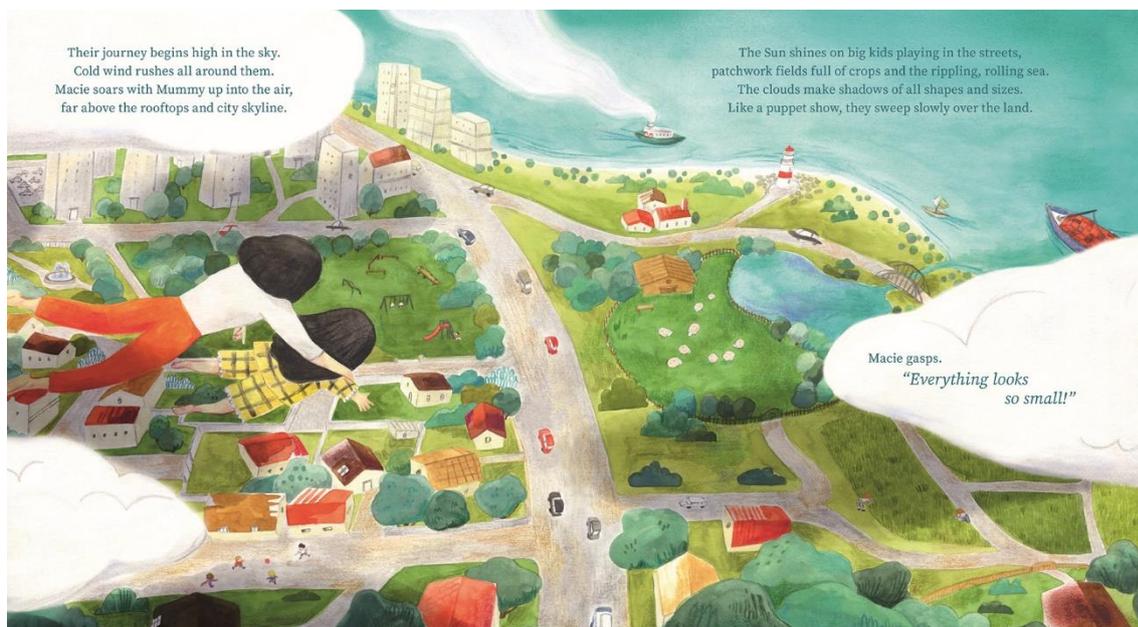


Design Your Own Planet!

One of the best things about being a writer is that you get to think up new worlds and spend time there in your imagination. If you could design your own planet, what would it look like? What would you call it? Who would live there? You could write about your planet or even make a 2D or 3D model of it! You could try a piece of persuasive writing, persuading someone to come and live on your planet. How could you persuade them it's the best planet in the whole multi-verse?!

Watercolour Painting:

Sally Soweol Han painted all the artwork for this book with watercolours. Her artwork was then scanned into a computer and the text was added. Try using watercolour paints to paint a picture of a landscape. It could be a city or the countryside or somewhere else. The key to watercolours is to build up in layers. Try painting the sky first, then add details when the previous layer is dry.



Space Glitter Jars

If you find it tricky to go to bed at night, try making a space glitter jar. Choose a relaxing colour like purple or blue that reminds you of the sky at night. Perhaps add some silver stars or glitter.

First fill halfway with clear glue and then top up with water and food dye. Add your sprinkle and seal the lid shut with strong glue. A very small amount of black food colouring will make purple. You might want to decorate the outside of the jar with stars too. Shake it and watch the glitter fall – it will help you wind down for bedtime.