

### Personal, social and emotional

- Bathing Babies in the water tray, night time routines
- Small world nocturnal animals in the sand tray, or large tray with natural objects to create nests and 'beds'
- Role play area – bedtime things, dressing gowns, slippers, mugs for warm milk, story books, dim lighting, blankets, toothbrushes/daytime things – kitchen equipment, outdoor shoes, coats, bags, toys, bright lighting
- Discuss daily routines – cleaning, washing, looking after yourself
- Dress dolls for a day out
- Read a bedtime story to Teddy
- Circle time – opportunities to discuss dreams, fear of the dark
- Listening games

### Communication, language and literacy

- Collect night time words and day time words – display as opposites, or word mobiles
- Book making - a day time and night time book/own versions of well known story books or rhymes
- Collect star words and sun words
- Day and night sounds – listening games
- Non-fiction books
- Circle time
- Words that rhyme
- Story making and telling – dreams
- Play writing opportunities – write letters to the man in the moon
- Construction – rocket building
- Glitter pens to draw stars and moon

### Knowledge and understanding of the world

- Doll's House – setting up rooms for night and day
- Role play area – a clock menders/ a night time cave for animals
- Telescopes and stars
- Clocks – take apart an old one
- Tray with small world nocturnal animals
- Water tray – bathing babies – bubble bath, soap, essential oil, towels/black food colouring and glitter in water
- Invite a parent/carer with a small baby to bath them with a group of children
- Working the night shift – invite a parent who works nights to come and talk about their job
- Look at animal's sleeping places
- Story making – going to bed and getting up
- Non fiction books
- Moths (night) and Butterflies (day)

## Night and Day

### Problem solving, reasoning and numeracy

- Sequencing - routines of the day, the changes of the moon, puzzles
- Sorting – objects to do with day and night sorted into large hoops
- Opposites – different opposites sorted into pairs (e.g. sun and moon)
- Use timers/stop watches – e.g. at tidy up time, outside
- Time – toy clocks, alarm clocks, clock stamps, circle shapes
- Size and shape – stars of different sizes, moon and sun shapes
- Tessellation – star shapes, diamond shapes
- Number – countdown for a rocket launch, ten in the Bed

### Physical

- Outside - What's the time Mr Wolf?
- 1 minute jumping/running/balancing etc. – using a one minute timer
- Star jumps
- Pretend to be a clock – arms are hands of a clock, or a swinging pendulum
- Awake/asleep games – replace 'stop'/'go' with 'awake'/'asleep'
- Construction materials – make clock models with wheels and cogs
- Be a nocturnal animal – bat/moth/badger/hedgehog/owl etc.
- Mime day and night routines and guess what they are
- Dream dances

### Creative

- Sun and moon mobiles
- Glitter stars
- Chalking on blackboard
- Printing with mechanical objects, e.g. wheels/cogs like the inside of a clock
- Wax resist pictures using candles
- Make night and day sounds using musical instruments
- Make clock chimes using appropriate instruments
- Make paper plate clocks
- Star stamps/stickers on black paper
- Listen to lullaby music to represent night time/busy music to represent day time
- Making candles
- Book making