

# Why Won't You Sleep?!

AUTHOR

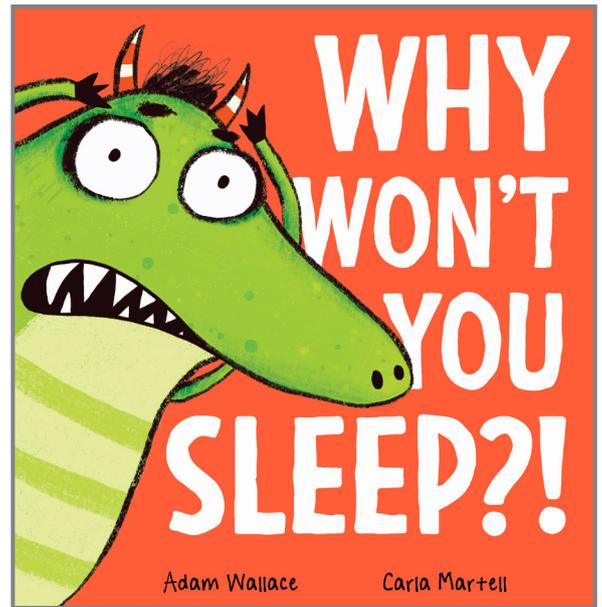
**ADAM WALLACE**

ILLUSTRATOR

**CARLA MARTELL**

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## SYNOPSIS

*What, still awake?*

*WHY WON'T YOU SLEEP?!*

Can't sleep? It can be hard to nod off sometimes.

But don't worry, we know just the thing to make you tired . . .

## ABOUT THE AUTHOR

Adam Wallace is the author of the ridiculously stinky 'Fartboy' series and the New York Times bestselling 'How to Catch' picture book series. He has had more than 80 books published, and his mission is to entertain and inspire children to love reading, writing and drawing, and to show them there is nothing they can't do! He is based in Melbourne.

## ABOUT THE ILLUSTRATOR

Carla Martell is an illustrator based in Auckland, New Zealand. Ever since she can remember, Carla has been drawing little creatures, often with hats on. That led along a curly path to her illustrating children's books and creating characters that make people smile.

## STUDY NOTES

- Before reading the story, as a class discuss the book cover and title. Some things to include in your discussion could be:
  - What do you think the cover artwork is showing?
  - What do you predict might happen in this story?
  - How do you think the creature on the cover is feeling in this picture?
  - Why do you think they might be feeling like this?
- Count the sheep! How many sheep can you count on the page that has a huge pile of them spilling off? Individually count the sheep and then compare your result to everyone else's. Did you all get the same answer? If not, why do you think this happened?
- Using scrunched up paper, tissues or cotton-wool balls, create an artwork featuring sheep. Glue individual cotton

balls or crumpled paper balls to a large piece of paper to make the body of the sheep, then draw legs and a head on each sheep. Try and make your sheep easier to count than the ones in the book! Think about where you want your sheep to be. You might want to have your sheep in a peaceful paddock, or if you prefer you could have them flying through the sky like in the story, or somewhere else interesting where sheep aren't usually found.

- What do you think the soothing lullaby actually sounded like? As a class, compose two 'soothing lullabies' of your own, one that is genuinely soothing and one that wakes you up and makes you want to move. Accompany your lullabies with a variety of different percussion instruments. If you don't have access to many instruments, you can use your hands (clapping), glasses filled with water, pencils and finger clicks. Think about which sounds are actually soothing and calming, and which sounds wake you up. Perform your two pieces at an assembly or for another class.
- In small groups, create an exhausting indoor exercise routine designed to tire anyone out and help them sleep. Perform your exercise routine just before bedtime at home, and then report to the class the next day on whether you feel that it helped you fall asleep.
- In the library, look for a book that you think would be an excellent bedtime story. Share your book with the class, and discuss which books everyone thinks would be good at bedtime, which books people disagree about and why there is disagreement about some books.
- Write and illustrate a one-paragraph scary bedtime story of your own that you would never read to someone to help them fall asleep.
- Draw a picture of yourself at bedtime. What routines do you have about going to bed? Be sure to include your bedtime routines such as cleaning teeth, reading or listening to music in your artwork.
- Have a class-wide poll of the best thing to do at bedtime to help you fall asleep. Collate the results into a large graph, and as a class discuss the different activities everyone has suggested. Hold a class vote as to which of the suggested activities everyone thinks is the best, and graph the results. Compare the two graphs, and consider whether they differ from each other, and if so in what way?