10 Minutes till Bedtime

The traveling hamsters have arrived. Will the boy who lives at 1 Hoppin Place get to bed on time?

Topics: counting, counting down, time, patterns

Activities To Do Together:

Use *10 Minutes till Bedtime* to introduce and talk about time, counting to 10, and counting down from 10.

Before reading the book:

- Practice counting to 10 with your child. Then practice counting down from 10 together.

- Look through the book and ask your child to predict what they think will happen. Will the child in the story make it to bed on time?

- With your child, talk about their nightly routine during the 10 minutes before bedtime.

While reading the book:

- Encourage your child to point to the written numerals in the book and say the number out loud.

- Look for numbers in the illustrations. Find all the numbers in the book.

- Talk about patterns you and your child notice.

When you have finished reading the book with your child:

- Have your child describe their nighttime routine. Write down the sequence. What takes the longest?

- Create a number line from 0 to 10. Practice saying and writing the numbers together. Try writing and saying the numbers from 10 to 0 too!

- Reread the story a few times, see how many new things you discover each time.

- Encourage your child to pick 5 different activities such as bouncing a ball, writing the numbers 1 to 10, or jumping up and down. Ask your child to estimate how many times they can do each activity in one minute. Set a timer for one minute and find out!

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Join in the fun of *10 Minutes till Bedtime.* The traveling hamsters show up moments before bedtime. With all of these distractions will the boy and his hamster make it to bed on time?

Ages: 2 to 7 years

ATOS Reading Level: n/a

Lexile: NP

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Conversations During Daily Routines with Infants and Toddlers:

1. Playtime - Play with musical instruments like drums, tambourines, maracas, or homemade sound tubes. Count sounds. "One drumbeat, two drumbeats!"

2. Outside Playtime - Count down from 3 before your child goes down the slide. You may say, "Ready to go down the slide, go in 3, 2, 1!"

3. Dressing time - Time how long it takes to get dressed. Set a timer and point out how long it took.

Questions for Mathematical Thinking:

1. Can you spot the hamsters that are wearing the orange-striped jerseys numbered 1 to 10? See if you can count all ten on each page!

2. How many times does a gorilla appear in this book?

3. How many hamsters spend the night?

4. How many different activities does the boy at 1 Hoppin Place do during his 10 minutes before bedtime?

5. Do you think that everything that happened in this book could really happen in ten minutes? Why or why not?

Early Math Project Resources:

Visit 10 Minutes till Bedtime (countplayexplore.org/book/10-minutes-till-bedtime) to find activities and related Learning Foundations and California Mathematics Standards for this book.

Vocabulary

Math words found in the story: all, eight, five, four, minutes, more, nine, one, seven, six, ten, three, two

Related math words: counting down, time

Words to build reading comprehension: aboard

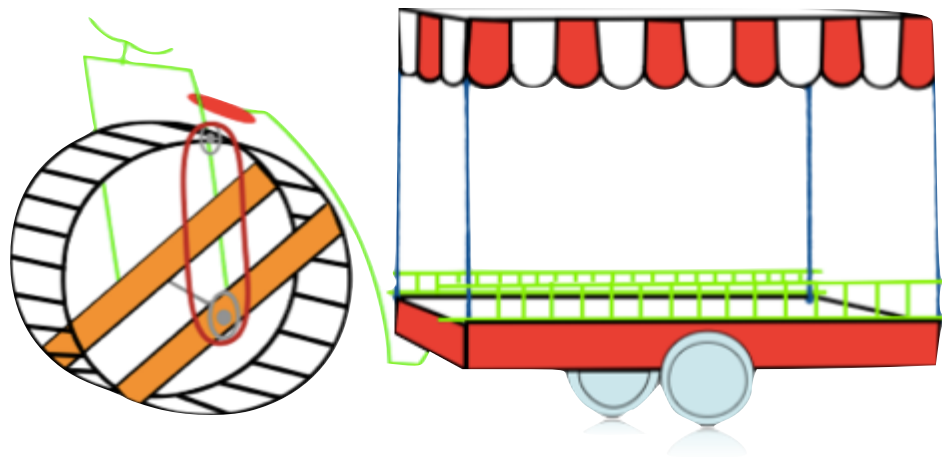**Spanish Title:** Faltan 10 minutos para dormir

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Also available in: French, German, Chinese

Related Books: *Ten, Nine, Eight* by Molly Bang; *Ten Little Ladybugs* by Melanie Gerth

Click this link to the World Catalog or enter bit.ly/3Qd1wyX to find *10 Minutes till Bedtime* in the public library.

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Math Connections: Use *10 Minutes till Bedtime* to introduce and talk about time, counting to 10 and counting backwards from 10. If your child doesn't already count to ten, ask them to repeat numbers one to ten as you count out loud. Use your fingers as a visual representation of the numbers as you count. Say 1 and show 1 finger, say 2 and show 2 fingers, and so on. Ask your child to copy your words and actions. After counting to ten, count down to 1. If your child needs help, ask them to say with you, 10, 9, 8… Use your fingers as a visual representation. For example, say 10 and show all 10 fingers up, say 9 and put down one finger…

Continue to practice counting with your child. You may count down when picking up toys. For example, if you have 8 toys on the floor, your child may count down as they put them away. In your daily routines, find opportunities to count and count on. For example, your child may count on when you are stirring pancake batter. If the batter has been stirred 3 times, they may continue stirring saying …4, 5, 6, 7, 8, 9, 10!

After reading the story, talk about how one minute equals 60 seconds. Ask your child what they think a person can do in one minute. Encourage your child to pick 5 different activities such as jumping jacks, clapping, or somersaults. Ask your child to estimate how many times they can do each activity in one minute. Set a timer for one minute and find out! With your child compare their estimates and the actual number of times they were able to do each activity in a minute.

Explore time with your child during their bedtime routine. Ask your child to estimate how long their bedtime routine takes. Then time the different activities. For example, time how long it takes to brush teeth, take a shower, and put on pajamas. Talk with your child about how long their whole bedtime routine took and compare it to their estimate. Explore how changes to a bedtime routine would affect the amount of time it takes to get ready.

Make a bedtime routine chart together. Your child may want to draw a picture of each part of their routine, the time each step takes, and when they start and stop each step. Ask your child where they would like to put the chart and how they will use it.

Talk about other daily routines, morning routines, after school routines, and weekend routines. Would your child like to make a routine chart for one of these times? Ask your child if the amount of time spent on each activity is always the same or if it changes? Why might it change?

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