



# Bedtime Buckle

## #275

### AGE GROUP



3-5 years



Multiage

### HOW DO I SET UP & PLAY?

- Astronauts need to be buckled into their spaceship when it takes off and they also need to be buckled in to sleep or they will just float around bumping into things while asleep!
- Encourage children to try buckling and unbuckling the belts and placing around their friends (a challenge for those fine motor muscles and self help skills!).
- Use the belt to buckle children into a chair to 'takeoff' - leave the belts and chairs out for the day and you will be amazed at the dramatic play that occurs! You might like to print some of the launch dashboard printables from the space pack.
- Roll a friend in a blanket then buckle them in with a belt so they can go to 'sleep' safely in space.

### EXTENDING LEARNING SPARKS

- Watch a video together of astronauts sleeping in the space station.
- Sit down together and ask children to share what helps them to get to sleep - is it a special toy, music, story....? Can they describe it?

### WHAT MATERIALS DO I NEED?

- A couple of belts from the op/thrift shop with buckles on them
- Blankets
- Chairs



Challenging My  
Gross  
Motor Muscles



Building My  
Language &  
Literacy Skills