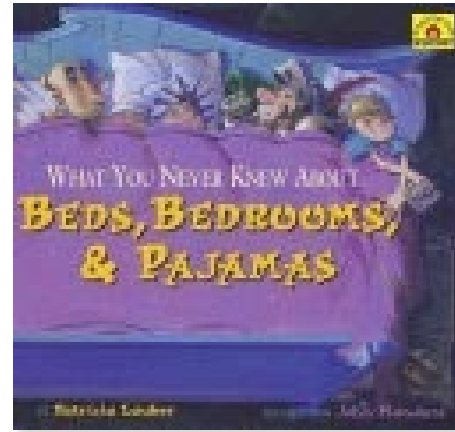


CLOVERBUD READING ADVENTURES

What You Never Knew About Beds, Bedrooms, and Pajamas

By Patricia Lauber, Illustrated by John Manders

Did you know that the phrase “make your bed” comes from a time in the past when people had to literally, make their beds every night? How about that before the 1500s people did not wear pajamas? They slept in their underwear, their regular clothes or sometimes nothing at all. This fun book explores fun facts about beds, bedrooms, and pajamas throughout history.



ACTIVITIES AND CRAFTS

Make A Diorama of your Bedroom (or Dream Bedroom)

A diorama is a miniature model of a scene using 3D figures.



Materials: Empty shoebox, larger rectangle shaped tissue box or other similar sized box, glue, scissors, tape, paper – colored paper, scrapbook paper etc.

Misc. items to use for furniture and accessories (smaller boxes, paper clips, plastic containers, ribbon, popsicle sticks, pipe cleaners, clay, fabrics scraps, felt etc.)

What to do:

1. Prior to making the diorama, Cloverbuds might share with others what their bedroom or dream bedroom looks like. They might also draw a picture of what the bedroom looks like or make a list of items in the bedroom.

- *Tech Connection:* If you have access to a tablet, use a sketch app to allow Cloverbuds to draw their room before they do a diorama.



2. First, make a background in the box. Think about what the walls and floors of the bedroom look like. Use the colored paper, scrapbook paper or paint to set the scene for the bedroom. Once the walls are done, pictures or other wall art can be added. This is the time to decide if you want to cut windows out or create them with paper/ drawing.

3. Next create and add bedroom furniture. A small box, for example can be covered with paper and made to be a bed. Fabric or felt can be used for a bedspread. Stuffed animals could be made out of pom poms. A cap from a shampoo bottle could be repurposed into a lampshade or hung from the ceiling as a light.

4. If Cloverbuds want to add people, they can draw them and cut out or use printable paper dolls that can be found on the internet. The family pet could be added.

5. Ask the Cloverbuds to tell the rest of the group about their diorama

Your Cloverbuds could use ideas from different time periods in the book and make dioramas based on the ideas shared.

Websites to help with making a diorama

- <http://www.enchantedlearning.com/crafts/diorama/forest/>
- <http://www.squidoo.com/shoebox-diorama>
- http://www.firstpalette.com/Craft_themes/Animals/habitatdiorama/habitatdiorama.html (this website has ideas for how to get paper people or animals to stand up)

(Above pictures are from Pinterest)

Create a Progressive Bedtime Story



<https://thencbla.org/progressive-stories/>

The book describes how people many years ago often slept in the same room – sometimes even the same bed. In the great medieval halls, everyone from the lord of the manor to the peasants made their beds each night in the great hall. In early inns, it was not unusual to sleep with other travelers in the same bed. This was a time before cell phones and televisions. Stories were shared orally. This activity is a way to practice that tradition.

Progressive stories have been around for as long as people have been able to talk. One person begins the story and then it is added to by someone else.

To begin a progressive story, the first person says a sentence and then the next person adds another sentence. This continues until you decide the story is done. You can set a theme for the story or just let the Cloverbuds be creative.



With a group of young people, it might be important to set some ground rules. For example, the story must be “4-H appropriate” or not scary. With this age group, you might also need to give an example of how the story making process works.

Tech Connection: Use an app such as Clips on an iPad to record each child saying his or her part then play the whole story at one time. You could also just video the story being told and play back,

GAME



Bed Making Relay

<https://www.scouts.org.uk/activities/bed-making-relay/>

Supplies: Tables, single bedspreads or blankets, single fitted sheets, pillows (regular, travel size or cushions)

What to Do: Set up tables to resemble a single size bed. Consider safety and make sure that the game area is cleared of obstacles.

1. Ask if anyone makes their bed at home. You can also ask if anyone knows why it's good to make your bed. It helps to keep your bedroom tidy, and it also means your bed is ready to sleep in when it's bedtime. Making your bed is also important when you change your sheets to wash them.
2. Explain that the tables are pretend beds. They should choose someone to demonstrate how to make a bed, while they call out the 'Instructions to make a bed'.

Instructions to make the “table” bed:

- Put the fitted sheet over the bed and smooth it down.
 - Put one or two pillows (or cushions) at the top of the bed.
 - Put the duvet over the bed and match up each corner of the duvet with each corner of the bed.
 - Arrange any extra cushion or cuddly toys neatly on the bed.
3. Everyone should watch carefully. If they have any questions, they should ask the person leading the activity at the end of the demonstration.

Remembering that Cloverbuds should not be competing with each other follow these directions for the relay.

1. Depending on the size of the group, you can have one or two teams.
2. Each team should practice making their bed, then take everything off again. Once they're confident with all of the steps to make a bed, each team should line up in pairs a little way away from their bed.



3. Tell the group you are going to be racing the clock. Each team will see if they can make the bed in the allotted time. Choose a time appropriate for the size of your group. You could play multiple rounds and adjust the time to make it more challenging.
4. The person leading the activity should give each group the bed making supplies.
5. The person leading the activity should say go, and the first pair should run to the bed with the fitted sheet. They should put the fitted sheet on neatly, then run back to their team. When they get back, they should gently tap hands with the next pair.
6. The next pair should run to the bed with the pillows, put them on, and run back to gently tap hands with the next pair.
7. The next pair should do the same with the bedspread, and the final pair with the stuffed animals.
8. If the groups are bigger, a final pair could do a quality check and make everything as neat as possible.

What's Missing

Supplies: Typical bedtime items: pillow, toothbrush, toothpaste, comb, story book, night light, stuffed animal etc.

How to play:

1. Place all the items on a pillowcase or just on the table.
2. Have the Cloverbuds close their eyes. Take one item away and hide behind your back or under the pillowcase.
3. Have the children guess which item is missing.
4. You can make it more challenging by removing 2 items at a time or remove ALL the items and have the group work together to recall all the items.

SNACKS

Bedtime Snacks



There are a variety of foods that make great bedtime snacks. For your Cloverbuds, you could choose one or two things from this list or make the trail mix bars. Keep in mind whether anyone in your group has food allergies.

Whole Grain Crackers and Cheese or Apples and String Cheese
 Peanut Butter and Fruit Sandwich (try strawberries, bananas or apples)
 Hardboiled egg
 Cottage cheese and fruit
 Fruit Kabobs, Fruit Smoothie, Yogurt Parfaits



Peanut Butter Chocolate Trail Mix Bars

Ingredients:

- 2/3 cup almonds, whole
- 6-ounce cashews
- 1 1/2 cup **oats, dry**
- 1/3 cup flaxseed, ground
- 1/2 cup mini chips chocolate chips, semisweet
- 1/3 cup cranberries, dried
- 1/3 cup raisins, seedless
- 1 cup **peanut butter, all-natural**
- 1/2 cup **honey**
- 1/2 teaspoon **sea salt**

What to do:

- Line an 8×8-inch baking pan with parchment paper, leaving extra on the sides to pull the bars out of the pan. For thinner granola bars, use a 13×9-inch baking dish.
- Roughly chop the almonds and cashews. Place the chopped nuts in a large bowl with the old-fashioned oats, ground flax, mini chocolate chips, dried cranberries, and raisins. Mix together.
- In a separate microwave safe bowl, melt the peanut butter. Stir in the honey and sea salt. Allow the mixture to cool slightly (so the chocolate chips won't melt). Pour the peanut butter mixture in the bowl with the dry ingredients. Fold ingredients together with a spatula until everything is coated.
- Press mixture into the parchment lined baking dish, packing it tightly. Cover and refrigerate for at least 1 hour. Pull the granola slab out of the pan with the edges of the parchment paper. Cut into a minimum of 12 bars. These granola bars are best stored in an airtight container in the refrigerator up to 2 weeks. Optionally store in an airtight container at room temperature up to 10 days

OTHER BOOKS TO READ ALOUD

My Bed: Enchanting Ways to Fall Asleep Around the World, Rebecca Bond

There's a Walrus in My Bed!, Ciara Flood

Cat's New Bed: A Funny Picture Book About One Cat's Stroke of Bad Luck and His Struggle to Get a Good Night's Sleep, Monte Ford

Go Sleep in Your Own Bed, Candace Fleming



Resources

<https://www.superhealthykids.com/peanut-butter-chocolate-trail-mix-granola-bars/>

It's Time For The Ultimate BED Time Story...The History Of BEDS!

<https://www.youtube.com/watch?v=i7GUQied9mY>

Homes Through History | Episode 2: Meet King Henry II's Lord Steward at Dover Castle:

https://www.youtube.com/watch?v=G_A5NMIYx9k

4-H CLOVERBUD READING ADVENTURES

Reading Adventures are part of the Ohio 4-H Cloverbud program. This adventure was developed by Christy Millhouse, Ohio 4-H STEM Educator, 4-H Youth Development, Ohio State University Extension. It contains well-known activities, games, and snacks. Sources are indicated where appropriate. Find more reading adventures online at ohio4h.org/cloverbudresources.

TIP:

This 4-H Cloverbud Reading Adventure works well with Chapter 11 'Storytelling' in *The Big Book of 4-H Cloverbud Activities* available through OSU Extension offices or online at extensionpubs.osu.edu. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.

EVALUATION

We value your input! After completing a Reading Adventure with your Cloverbuds, please click on this [link](#) and tell us what you think. Your feedback will be used to improve the Reading Adventure program. Type the link in your browser and navigate to the evaluation site:

<https://go.osu.edu/evaladventures>

