

My Very First games

Off to bed!

Three introductory bedtime games for 1 - 3 sleepyheads ages 2 and older.

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Duration: 10 minutes

Dear Parents,

We are pleased that you have chosen this game from the My Very First Games series. You have made a good choice and are opening up many perspectives that will enable your child to develop via the medium of play.

This set of instructions will provide you with various ideas and suggestions on how you and your child can familiarize yourselves with the game components and use them for different variants. The components have been designed to help your child develop different abilities and skills via the medium of play: memory, matching, fine motor skills, hand-eye coordination and language development.

In the matching games, your child is introduced to the concept of playing according to rules. The light-hearted descriptions of the rules are intended to introduce your child to bedtime routines and help him/her to better understand and adhere to the game instructions.

But above all, these games are intended to be fun. This goes hand in hand with learning, which takes place without your child even realizing it.

We hope you enjoy playing and discovering together.
Your Inventors for Children



Components:

3 animal figures, 3 cuddly toys, 3 beds, 3 pillows, 3 blankets, 20 tiles, 1 template, 1 set of instructions

It's getting late, and it's time to go to bed. The rabbit, bear and cat have played so nicely together, but their beds, pillows and covers are all muddled up. What's more, the animals each want their favorite stuffed toy to help them go to sleep.



Free play

In free play, your child explores the concept of falling asleep. Take a good look at the game components together and discuss what they depict. Help your child to pair up the components to the matching animal figures. Talk to your child about what items they need to fall asleep, such as a bed, a pillow or a blanket. Now take a closer look at the cuddly toy figures. Each animal has its own cuddly toy. Does your child also have a favorite cuddly toy to help him or her fall asleep? If so, what is it?

Game 1 Making a bed

A collaborative matching game for 1 - 3 children

The challenge: Put the animals to bed before all the tiles showing potty, sippy cup, toothbrush and book are revealed.

Before you get started

Shuffle the tiles face down and place them in the center of the table. Put the template next to them.

Place the animal figures at some distance apart next to the tiles. Get the beds, pillows, blanket and stuffed animals ready for use.



Now let's get started

Who woke up first today? You can start and turn over any tile you like.

Ask your child: *What can you see on the tile?*

A bed, a pillow, a blanket or a cuddly toy?

Place the item next to the animal figure of the matching color. The tile goes into the box.



- *A potty, a sippy cup, a toothbrush or a book?*



The little animals have to do one last wee-wee, are feeling thirsty, have forgotten to brush their teeth or need a bedtime story. Unfortunately, you are not allowed to take an item. Lay the tile next to the template as shown.



Important: Place potties, sippy cups, toothbrushes and books above and below the same symbol on the template. This enables you to see whether all eight tiles have been revealed.

Now it is the next child's turn.

Each animal figure has its own color. As soon as you have found the matching color of bed, pillow, the blanket and the cuddly toy, the animal they go with can then be put to bed. Prepare this bed and tuck the animal in, cover it up and give it its toy to cuddle.

Example:



End of game

The game ends when:

the rabbit, bear and cat are in bed and asleep before all the tiles showing potties, cups, toothbrushes and books have been turned over.

Marvelous! All the animals are fast asleep and you have won by your joint effort.

or:

all eight tiles showing potties, mugs, toothbrushes and books have been turned over before all the animals are sleep. Sorry, you have lost. Try again!





Ask your child what he/she does every night before going to bed and in what order this happens, e.g. first eat dinner, then brush your teeth, finally put on your pajamas... These regular evening rituals are important because they give children a structure to their day and a sense of security. And the faster these set tasks are done, the more time is left for other activities before falling asleep, such as hearing a bedtime story.



Game 2 Bedtime Matching

A first matching game for 2 - 3 children
Who can get their pet to bed first?

Before you get started

Pick out one potty, one mug, one toothbrush and one book. Shuffle the remaining 16 tiles and place them face down in the center of the table.
Everyone takes an animal figure and puts it in front of him or her. If an animal is left over, it goes back in the box together with its matching bed, pillow, blanket and cuddly toy. The template is not needed and also goes back in the box.
The rest of the game components are laid out.

Now let's get started

Which player claims to have the sweetest dreams? He or she starts and turn over the first tile.

Ask your child: What can be seen on the tile?

- **A bed, a pillow, a blanket or a cuddly toy in your color?**

Put the matching item next to your pet. The tile that has been turned over goes back in the box.

- **A bed, a pillow, a blanket or a cuddly toy in a different color?**

Unfortunately, you are not allowed to take an item. Turn the tile face down again.

- **A potty, a mug, a toothbrush or a book?**

Unfortunately, you are not allowed to take an item. Turn the tile face down again.

Now it's the next child's turn.

End of game

The game ends as soon as a child has found all four of his/her items.
Put your pet to bed and tell it a story.
You are the winner, so your pet can fall asleep first.

After a day full of new impressions, a pleasant atmosphere in the nursery (e.g. subdued lighting or familiar melodies playing on a musical box) will help children to get to sleep sooner. Regular sleep rituals such as singing lullabies, sharing cuddles or reading a bedtime story make putting the children to bed a pleasant experience for all concerned. And not only that, they also promote language development and strengthen the bonds of intimacy and security between parent and child.



Game 3 Sleepy Bingo

A fun matching game for 1 - 3 children

This game follows the same principle as **Game 1 (Making a Bed)**. Each child takes an animal figure and puts it in front of him or her. If any figures remain, they too are to be laid out. If you turn over a tile with a bed, pillow, blanket, or cuddly toy, you must place it next to figure of the matching color, even if it is not your own.

The child who collects his/her four items first has won and is allowed to put his/her pet animal to bed first.. In the case of 1 or 2 players, it is also possible for the winner to be a pet that belongs to neither of them.



With children who are a bit older and know the game components better, you can also ask questions about the illustrations on the tiles or about their own experiences. For examples, do you know where the animals actually sleep? Not in a bed, but a basket in the case of the cat and a large cave in the case of the bear. And the rabbit simply snuggles up to its entire family in a nest.

Dear Children and Parents,

at www.haba.de/Ersatzteile it's easy to ask whether a missing part of a toy or game can still be delivered.

