



COUNTING SHEEP

- 1 Some nights, I cannot sleep
- 2 I lie awake in bed.
- 3 I think.
- 4 I think about many things.
- 5 I think about my friends.
- 6 I think about my family.
- 7 I think about things that happened in the past.



- 8 I think happy thoughts.
- 9 It makes me happy and smile.
- 10 I try to fall asleep. But I still cannot.
- 11 Then I start to count sheep.
- 12 They say that if I count sheep, I will fall asleep.
- 13 The sheep jump over a fence. One by one.

- 14 I count in my head.
- 15 I count slowly:
- 16 One sheep
Two sheep
Three sheep ...



- 17 I can normally count to 100.
- 18 But I always fall asleep before I reach 20.
- 19 I think it helps me to fall asleep.



- 20 Other nights, I play my music box.
21 I wind it first.
22 The music from the music box is very pleasant and soothing.
23 It is like a lullaby
24 I imagine I am in a wonderland.
25 I imagine I meet strange and funny creatures.
26 I can talk to them.

- 27 I imagine I can fly.
28 I imagine I fly above the clouds.
29 I imagine a colorful forest with a river of silver.



- 30 I finally fall asleep.
31 I dream sweet dreams.
32 I always wake up in a good mood the next morning.

GOOD MORNING

How about you?

- 1 How do you fall asleep at night?
- 2 Do you fall asleep right away?
- 3 What do you think about?
- 4 Do you count sheep?
- 5 How many sheep can you count before you fall asleep?
- 6 Do you play the music box?
- 7 What do you imagine?
- 8 Do you read a book?
- 9 Do you enjoy reading books?
- 10 What do you dream about?
- 11 Do you have sweet dreams?
- 12 What did you dream about last night?
- 13 Did you have sweet dreams?
- 14 Are you in a good mood when you wake up in the morning?



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