

# NAP TIME

Rhymes and lullabies can help soothe children before naptime. As you read or sing, hold children close and use a soft and gentle voice.

## Star Light, Star Bright

Star light, star bright,  
The first star, I see tonight  
I wish I may, I wish I might  
Have this wish, I wish tonight  
*Mother Goose Nursery Rhyme*

## Are You Sleeping? (Frère Jacques)

Are you sleeping? Are you sleeping?  
Brother John, brother John? Morning bells are ringing!  
Morning bells are ringing! Ding, dang, dong.  
Ding, dang, dong.  
*French Nursery Song*

[https://youtube.com/HqUjE\\_GMig](https://youtube.com/HqUjE_GMig)