



Activity and Teacher's Guide:

Sweet Dreams, Polar Bear

Written and Illustrated by Mindy Dwyer

Alaska Northwest Books®

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For more information visit: www.mindydwyer.com

Sweet Dreams, Polar Bear introduces children 3 years and older to a playful bedtime lullaby, where Alaskan animals dream about painting the northern lights and eating spaghetti with chocolate sauce! Children of all ages will delight in looking at the bright, whimsical watercolors while listening to the soothing verse *Sweet dreams . . . Sleep tight*. Happy reading!

Reading/Writing/Language Arts

Story Time!

Read *Sweet Dreams, Polar Bear* as a class.

1. What letter does each animal in *Sweet Dreams, Polar Bear* start with?
2. Write the letters down on a writing easel for all of the students to see.
3. What activity is each animal dreaming about that is different than their normal life?
4. Ask each student what he or she dreams about. Are they at all similar to *Sweet Dreams, Polar Bear*?

Math/Science

Math!

1. Count as a class how many animals there are in *Sweet Dreams, Polar Bear*.

Science!

2. What are some unique characteristics of each animal that makes them so special?
3. Discuss which animals are similar and which animals are different and why.



Art

Paper plate animals!

Supplies: paper plates, scissors, colored markers, felt, colored pipe cleaners, glue, hole punch, string.

Students can design their own animals of the north by making paper plate animals! Have each student choose an animal from *Sweet Dreams, Polar Bear* and using colored markers, color either the front or back of a paper plate. Use felt and colored pipe cleaners to accessorize the animal plate with scissors and glue. After the student is satisfied with his or her product, punch a hole in the top and hang it above their desk with string.

Activities

1. Go to the zoo!
 - ★ Visit your local zoo and see if you can spot any of the animals from *Sweet Dreams, Polar Bear*!
 - ★ Have students bring along a pad of paper so they can draw the animals they see.
2. Bake chocolate chip cookies and drink milk like lil' otter!

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