

Good Night GIANTS

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Illustrated by Helga Bansch

When it is time to relax and get ready to sleep,
My giants and I play hide-and-go-seek.

My giants are clever and try not to be found.
Without leaving my room, I look all over town.
I look near, I look far.
I look up, I look down.
I find all my giants, those thirty-four clowns!

I find...

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I find...



TWO giants
who walk on stilts



Three giants who look through scopes



Four
giants in
long-johns

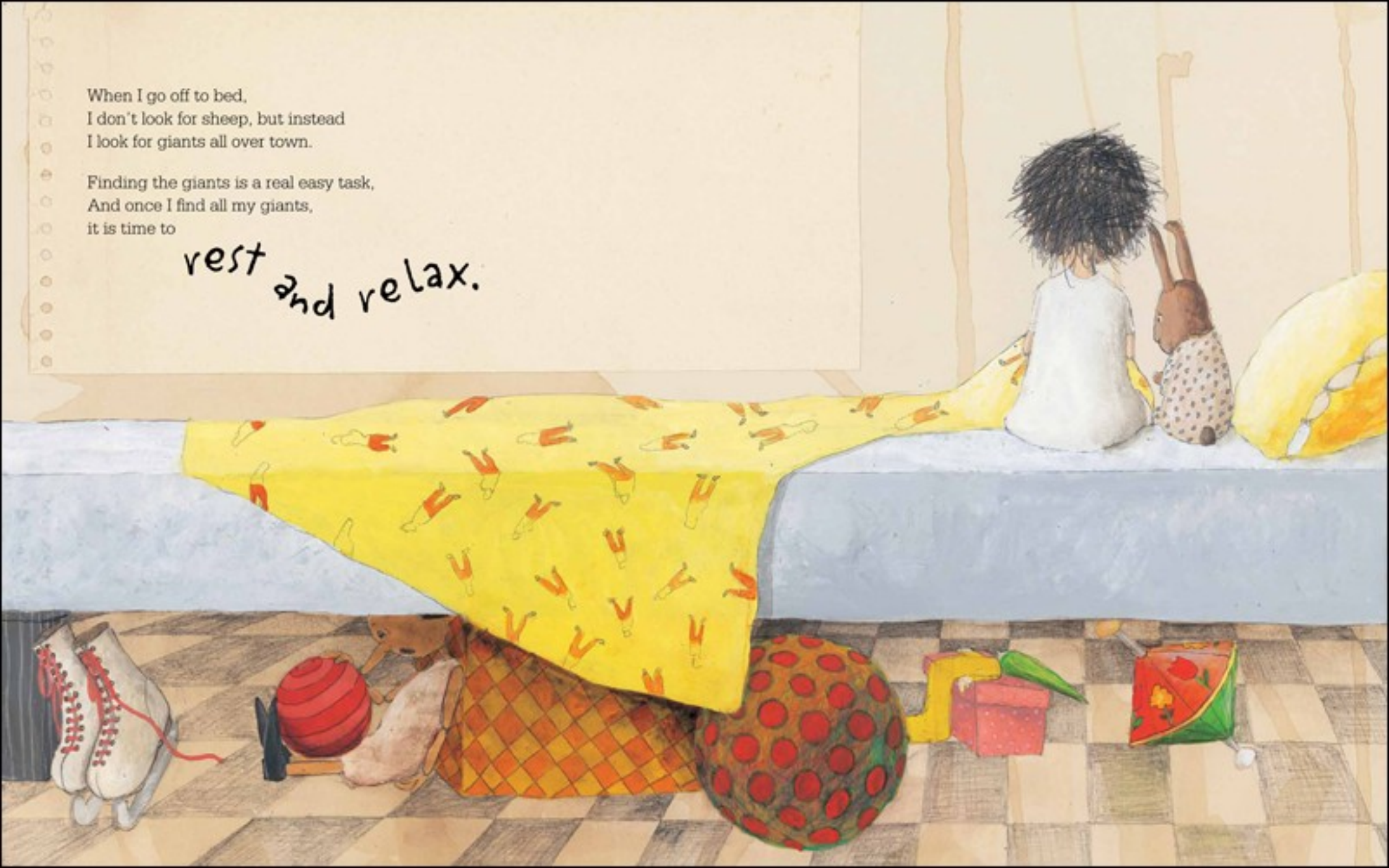
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When I go off to bed,
I don't look for sheep, but instead
I look for giants all over town.

Finding the giants is a real easy task,
And once I find all my giants,
it is time to

rest
and relax.



Good Night GIANTS

Fears and Anxieties/
Life Skills
Ages 4-8

Sometimes sleep just doesn't want to come. But why count sheep while you wait when you can count GIANTS instead? This whimsical addition to your child's bedtime routine finishes with a soothing song to help kids calm down and ease into sleep.

A Note to Parents from Michael A. Tompkins, PhD, offers tips on creating a complete cognitive-behavioral sleep plan, and will help you bolster your bedtime routine and practice positive sleep-related interaction.

Magination Press

Published by the American Psychological Association
www.apa.org/pubs/magination

