



Music is a natural part of children's lives and can be beneficial to the development of your child. You can use music to indicate different moments of your child's day such as play time or sleep time. Here are the lyrics and a link to the lullaby that Travelled Companions use to indicate sleep and maybe you can have a go at making up some of your own words to fit to the song.

<https://www.youtube.com/watch?v=sTwrYJOMAwA>

'5 More Minutes' Lullaby Lyrics

When the moon and stars are shining in your eyes

Then I will sing to you a lullaby

The day is over now it's time for bed

but with '5 More Minutes' we could play instead

'5 More Minutes' with you

That's all that I want right now

It's, '5 more minutes' with you

That's all I need....

'5 more minutes' with you

It's late and it's time for bed now

'5 more minutes' with you

It's time to dream



‘Create Your Own Alien’



1. You will need Rubber Gloves, Glue and Googly Eyes or a permanent marker instead.

2. Use glue to stick eyes to your rubber glove to make your Alien's face

3. Now it's time to get creative. Discover how your alien talks, where it comes from and how it might go to sleep. Can you make up a story with your Alien?

4. Take your Alien on a space adventure using our Space music.
<https://youtu.be/tltRle5RNnM>