

No matter what they do, Snugbug's STILL NOT SLEEPY!



Snugbug is always sleepy, but the night before a big sledding trip they're too excited to fall asleep. With a little help from Bookworm and some silliness along the way, will Snugbug be able to get to sleep before the big day?

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Glo Friends stories:



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- Stink or Swim™
- Strong All Along™
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STILL NOT SLEEPY™



a golden hour story from
GLO FRIENDS
GLOWORM.

PLAYSKOOL

This book
belongs to:

Let's read together!



Still Not Sleepy™

Written by Katherine Beste
& Jennifer Perryman Petsche

Illustrated by
Heather Lynn Harris

It's bedtime at MoonDrop Pond, and everyone is heading inside to get some sleep.

Tomorrow is a **big day**—the Glo Friends are going to Snow Top Mountain. Snugbug's bunny friends are taking them all sledding!





“Goodnight, Snugbug! Sweet Dreams,” says Bookworm.

“I’m so excited for tomorrow! I don’t know how I can go to sleep!” says Snugbug.

“But Snugbug, you’re always sleepy!” Bookworm laughs.
“I’m sure you’ll fall asleep in no time!”

All Snugbug can think about is how much fun tomorrow is going to be. Snugbug **TOSSES**, Snugbug **TURNS**, Snugbug pulls the covers all the way **UP** and then all the way back **DOWN**...



GAAAAAAHHH!



Snugbug shouts.
"I just can't SLEEP!"

**FEELING TOO
EXCITED TO SLEEP?**

Wiggle it out! Start by wiggling your head, then your arms, all the way down to your toes. Now wiggle back up starting from your toes up to your head again!

“Um, Snugbug?” Bookworm says,
“Do you need some help falling asleep?
When I can’t sleep, I read a bedtime story.”



“Ok,” says Snugbug. “I’d like to hear a story!”

“All of the animals are starting to fall asleep,” Bookworm reads.
“The bunnies snuggle up warm in their burrow...”



“*Still not sleepy,*”
Snugbug says.

"The flamingos sleep standing on one leg," Bookworm reads.



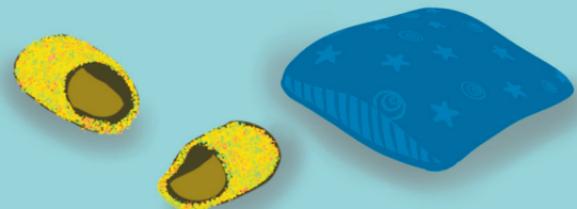
"Still not sleepy,"
Snugbug says.



"The bats hang upside down with their wings around them," Bookworm reads.



"Still not sleepy,"
Snugbug says.



"Bears sleep in a dark cave..."



"Lizards sleep lying on their tummies..."



"And cats sleep curled up in a ball."



**STILL
NOT
SLEEPY**

"Nothing is working!"
Snugglybug says.



"I'LL NEVER SLEEP AGAIN!"

The book didn't help Snugbug sleep, but it **sure** helped Bookworm!
Snugbug tiptoes back to bed, quiet as a mouse to not wake up Bookworm.



"I'll just lie here quietly until the morning," whispers Snugbug.

Snugbug breathes **IN** and **OUT**...

IN and *OUT*...

IN and...



MINDFUL BREATHING

Lie on your back and put your hands on your belly. Now breathe in, filling your belly up like a balloon. Then breathe out, letting the air out of the balloon.

