
Bedtime Bravery — Lesson Plan

Grade: Pre-K–1 | Duration: 40–50 minutes | CASEL Domain: Self-Management

Objective: Students will learn the "Silly Trick" — making scary things ridiculous to overcome fear — and practice reframing nighttime anxiety through humor and imagination.

Essential Question: *"What happens to scary things when we make them silly?"*

Materials: The personalized story, Flashlight for shadow play, Paper and crayons, Stuffed animals or comfort objects

Vocabulary: Silly Trick, Shadow, Ridiculous, Courage, Nightlight, Moonlight, Cozy, Caregiver, Giggle, Secret room

ANTICIPATORY SET (5 MIN)

Partner share: "Think of something that seemed scary but turned out to be okay — or something that made you laugh when you thought it would be scary." Quick share-out.

DIRECT INSTRUCTION (15 MIN)

Read the story aloud. Pause at Verse 6 when the caregiver teaches the Silly Trick — model it with enthusiasm: "That shadow? It's wearing ENORMOUS underpants!" Pause at Verse 11 (shadow puppets) and make one with your hands. Emphasize the theme: scary things can't stay scary when you make them ridiculous.

GUIDED PRACTICE (10 MIN)

As a class, pick three "scary things" (thunder, a dark hallway, a creaky door) and brainstorm the silliest additions: tutu, chicken hat, squeaky voice. Practice together: "I'm not scared of you — you're wearing a CHICKEN HAT!"

INDEPENDENT PRACTICE (10 MIN)

Each student draws their own scary thing, then adds the silliest costume they can imagine. Write or dictate: "My scary thing is wearing _____ and now it looks _____."

CLOSURE (5 MIN)

Circle share: "One scary thing I can make silly is _____." Create a class "Silly Trick" poster of everyone's best ideas.

ASSESSMENT

Observe participation during Silly Trick brainstorm. Review drawings for understanding of the reframing concept. Exit ticket: "Name one way to make a scary thing silly."

DIFFERENTIATION

Support: Provide pre-drawn scary shapes for students to decorate. Pair with a buddy for brainstorming.

Extend: Write a mini "Silly Trick guidebook" for younger students. Create a shadow puppet story to perform.

HOME CONNECTION

Send home Silly Trick instructions: pick one scary thing at bedtime and make it ridiculous together. Practice shadow puppets with a flashlight.
