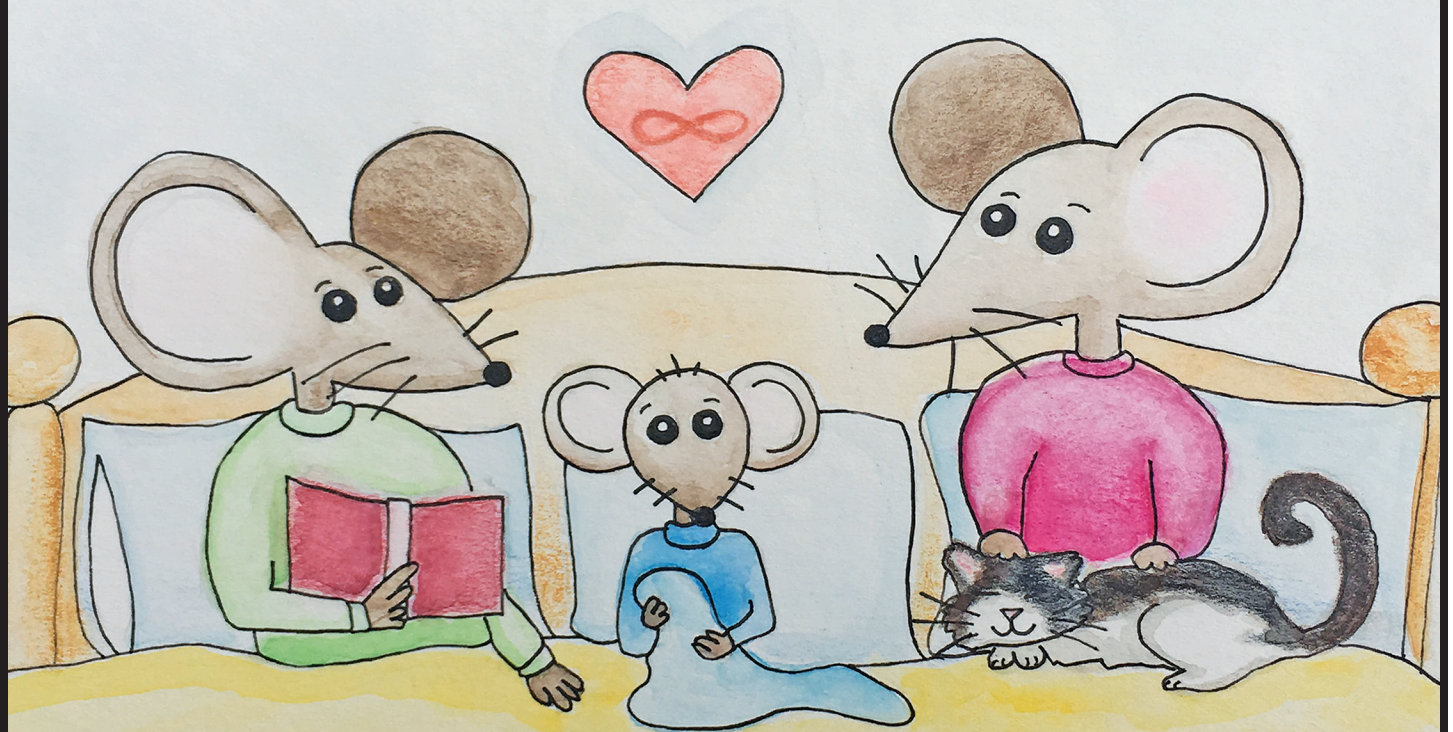


I Love You to Infinity

ACTIVITY BOOK



By Shelly Recer

Illustrated by Holly Smith



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First Edition

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About Me

Dreams

Name: _____

Age: _____

Birthday: _____

When I grow up I want to be:

When I grow up I want to visit:

School

Grade:

My teacher:

Favorite Subject:

Best Friends:

Play



My favorite outside activity:

Home

Favorite Food:

Favorite Restaurant:

Favorite Book:

Favorite TV Show:

My Favorite Game or App:

My favorite things to do are:

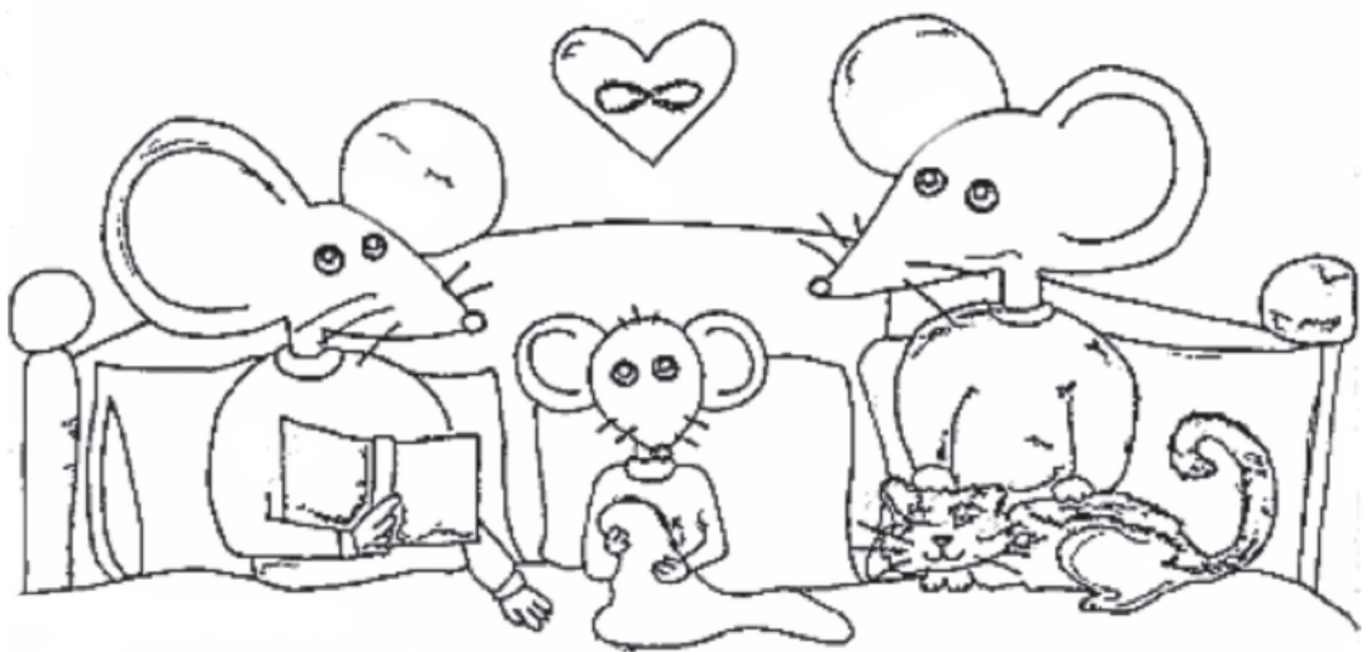
My Favorite thing to do with my family:

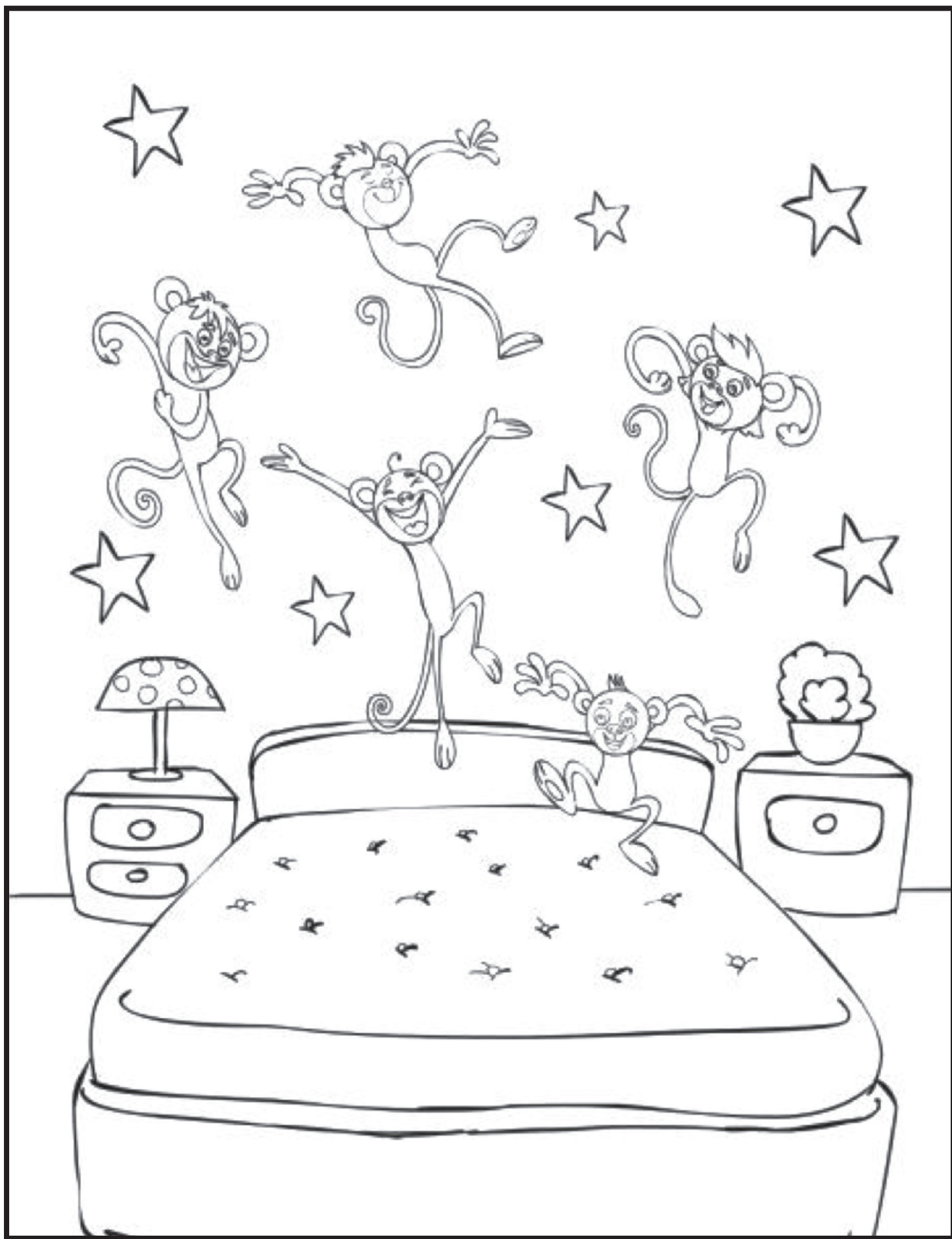
My favorite thing to do with friends:

DEDICATION

Holly, Natalie, Cody, Grady, Wesley and Riley.

I Love You to Infinity





BEDTIME

Mary goes to bed at 8:00 P.M.



Tom goes to bed at 8:30 P.M.



Ask two of your classmates what time they go to bed.

Write their name on the line and draw their bedtime on the clock.



goes to Bed at

_____ P.M.



goes to Bed at

_____ P.M.

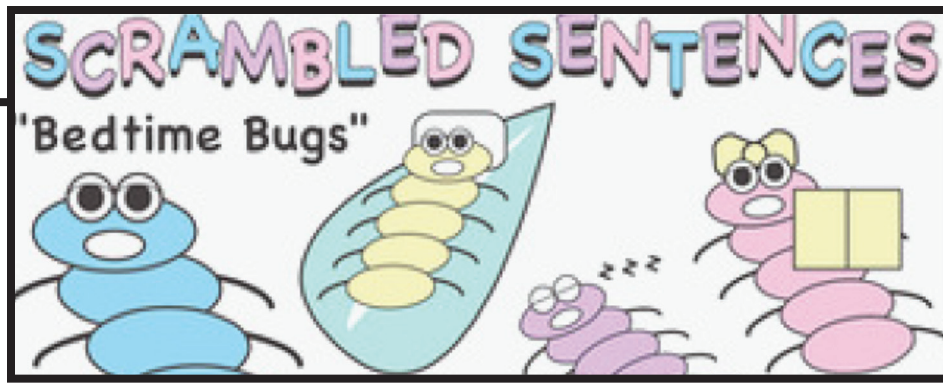


When I go to bed
and
when I get up



I go to bed at _____ P.M.

I get up at _____ A.M.



Unscramble the following sentences and write the sentences on the lines.

1. legs. The bug six has blue

2. bug on yellow The leaf. sleeps a

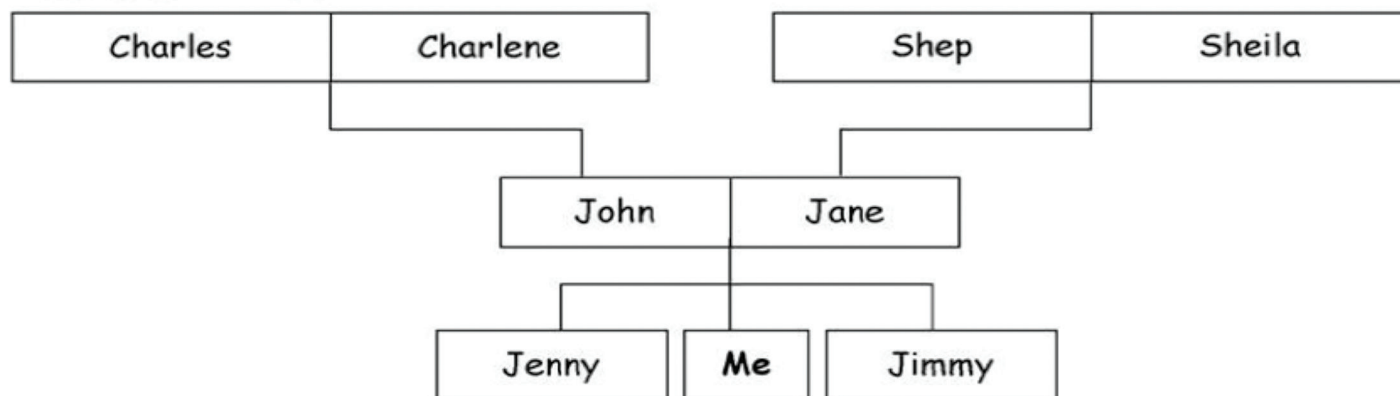
3. purple snoring. The is bug

4. reads The a story. Bug bedtime pink



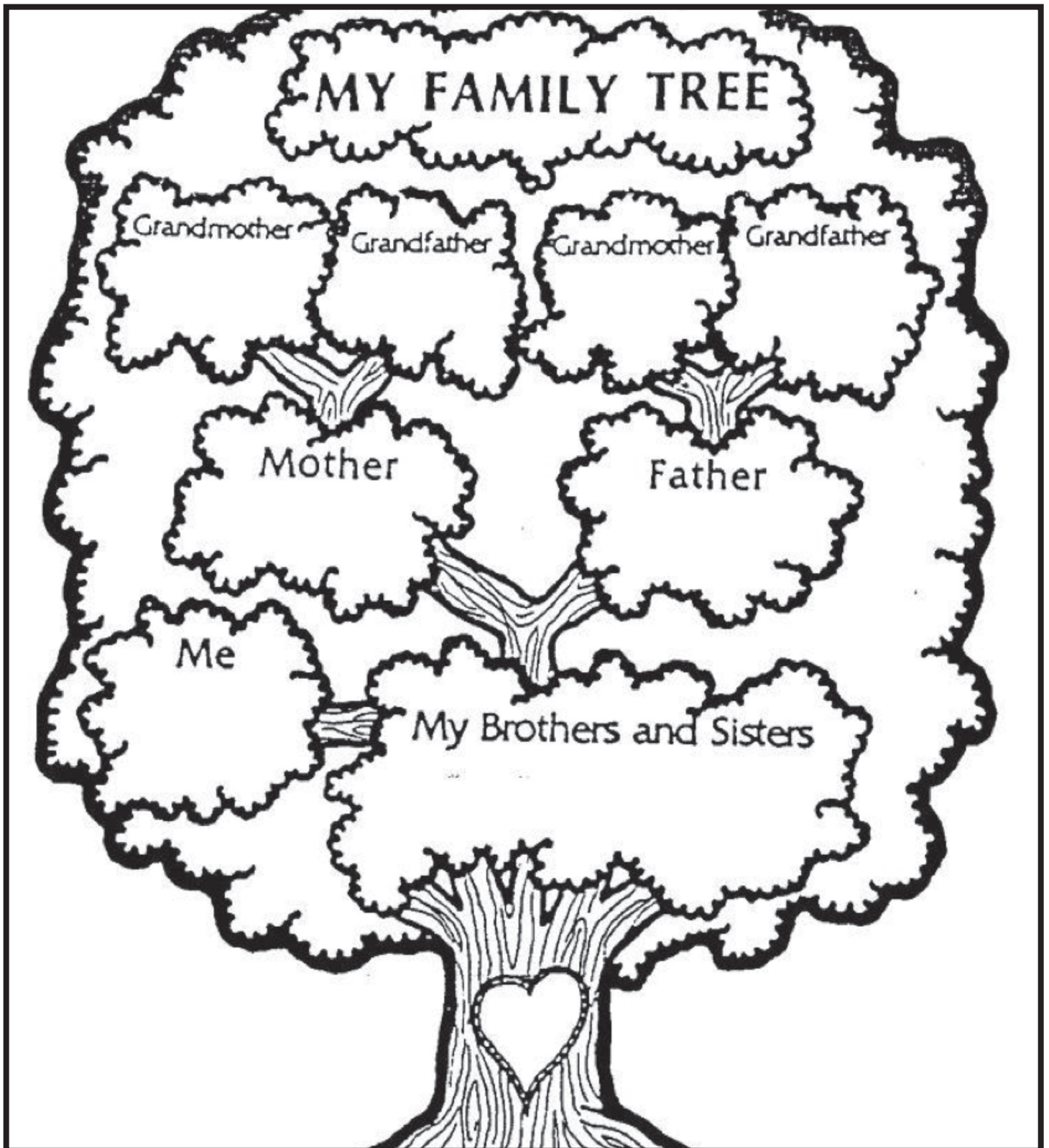


Family Tree



1. I am Jimmy's sister. He is my
2. Jane is my mother. I am her
3. John and Jane are my
4. John is Jane's
5. Jane is John's
6. Charles is John's
7. John is Charles's
8. Charles is my
9. Shep, Sheila, Charles and Charlene are my
10. I am Charlene's
11. Charlene is John's
12. Charlene is Jane's
13. Jenny is my
14. John is Shep and Sheila's
15. Jane is Charles and Charlene's

Figure out your **FAMILY TREE**



Where is **Nat**^{THE} **Cat** Sleeping?

A poem by _____

Nat can sleep upon the floor.

Nat can sleep outside a d____.

Nat can sleep beneath a tree.

Or beside a chimpanz____.

Nat the cat can sleep like that!

Nat can sleep upon a _____.

Nat can sleep outside a _____.

Nat can sleep beneath a _____.

Nat can sleep beside a _____.

Nat the cat can sleep like that!

FUN FACTS ABOUT SLEEP!

10 fun facts about sleep you didn't know

10 When you are snoring.....
.....

9 On average, a person spends.....
.....

8 While sleeping dolphins keep
.....

7 Your sleep position can.....
.....

6 A giraffe only.....
Bats.....

5 People who suffer from beauty sleep disorder.....
.....

4 In the past it was normal to get.....
.....

3 The average US worker loses.....
.....

2 Those who stay awake late at night.....
.....

1 Elephants stand.....
.....



Unscramble the Words

(word bank below)

I Love You to Infinity

These words have been mixed up. Can you unscramble them?

tBmidee

Daerm

veLo

eSlpye

iaFlym

ntiiyfnI

qepkisaup

soMeu

rtntaioeIc

onintnecoC

tigiananIom

Styor

Family
Bedtime
Connection
Pipsqueak
Infinity
Love

Dream
Mouse
Imagination
Sleepy
Interaction
Story

Word Search

love in other languages



S I C H L I E B E D I C H I A
A L E N G O H O I N E I H K N
R O F X Y Q F S D A B I M H A
A V T E C H I H H I L A A O B
N E K H E T J O U L I E F U E
G Y A I N V P R L I S S W V H
H O D O O S E T D A R A M A I
E U G T E A M O V E R R A N B
Y X F E F E B E M I A T E J A
O W O A I N I C W M A Y N O K
Y A T E B Y A L Y U B L Y U X
I K H H O B D I K H O M A I T

Word Bank

I LOVE YOU (English) • ICH LIEBE DICH (German) • EK HET JOU LIEF (Afrikaans)
IK HOU VAN JOU (Dutch) • YA TEBYA LYUBLYU (Russian) • SARANG HEYO (Korean)
DOOSET DARAM (Farsi) • WO AI NI (Mandarin) • JE TAIME (French) • TI AMO (Italian)
TECHIHILA (Sioux) • TE AMO (Spanish) • ANA BEHIBAK (Arabic)
NGOH OI NEIH (Cantonese) • IKH HOB DIKH (Yiddish)

Read and Sequence

BEDTIME

Read the short story below.

When I get ready for bed, the first thing I do is brush my teeth. Then I go to the bathroom. Next, I put on my pajamas. After that I read books with my dad. Then I lie down in my bed to go to sleep.



Now put the items below in order by numbering them 1-5.

_____ read books with dad

_____ put on pajamas

_____ brush teeth

_____ lie down in bed

_____ go to the bathroom



Find the Rhymes

Find the Rhymes

Say the name of the first picture in each row out loud.

Say the names of the other pictures in the row.

Color the pictures that rhyme.



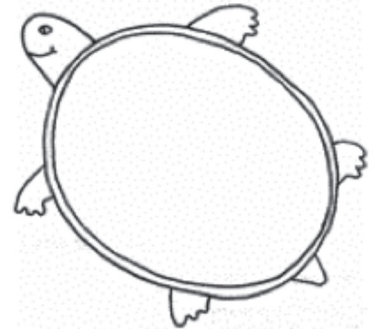
one



sun



tiger



turtle



two



duck



shoe



spoon



three



vest



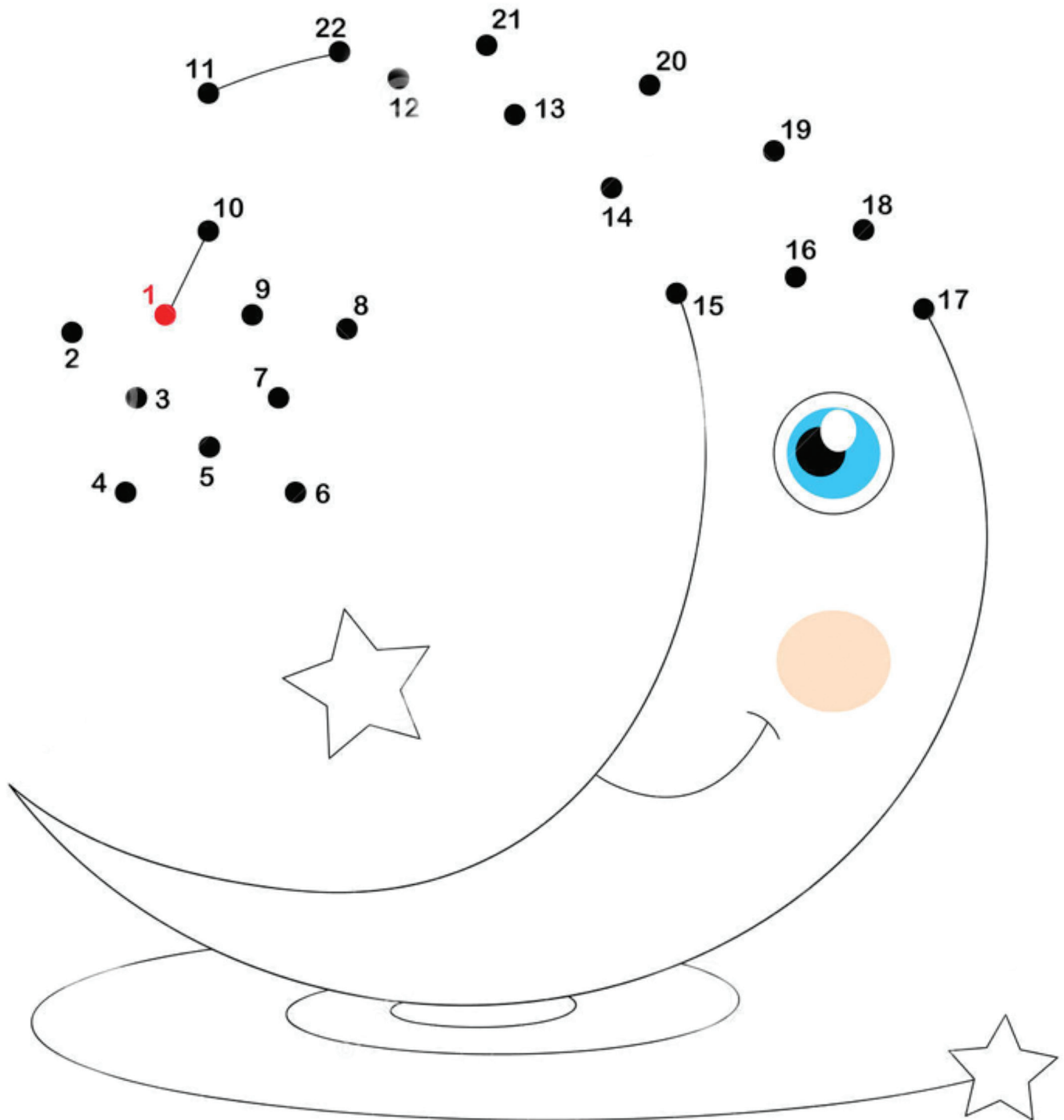
tree



fish



Connect the Dots

Draw a line from 1 to 22 and see what appears!




Write out your own bedtime routine!


Bedtime Routines


our <i>bedtime</i> routine	
	Pajamas
	Brush Teeth
	Drink of Water
	Go Potty
	Read Stories
	Lights Out

Bedtime

Use the following to chart when you make it to bed each day of the week and when you are in bed on time, get a reward!

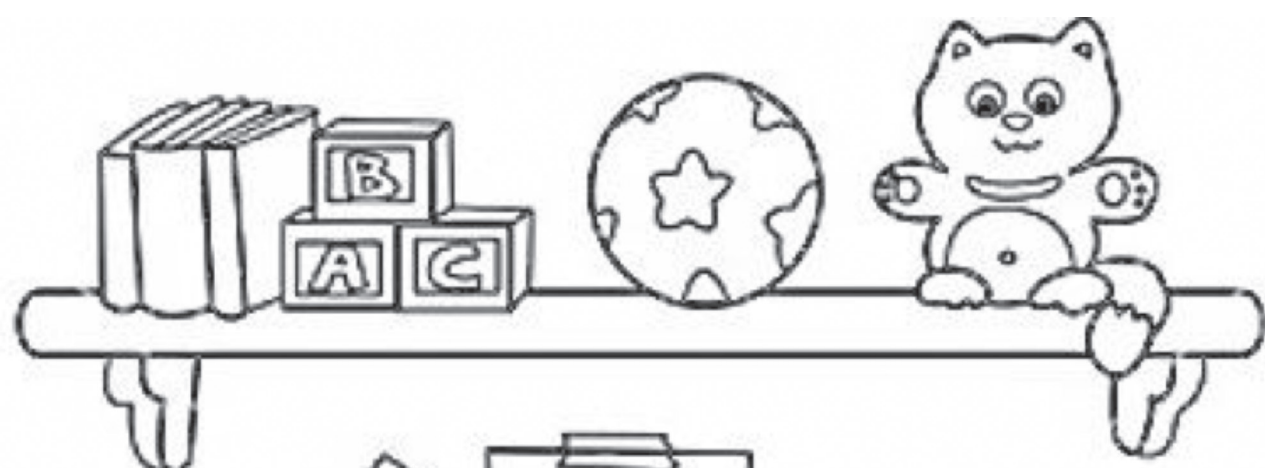

MORNING


NAP


NIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY





Good night



Sleep tight

Sweet dreams

Till morning
Light

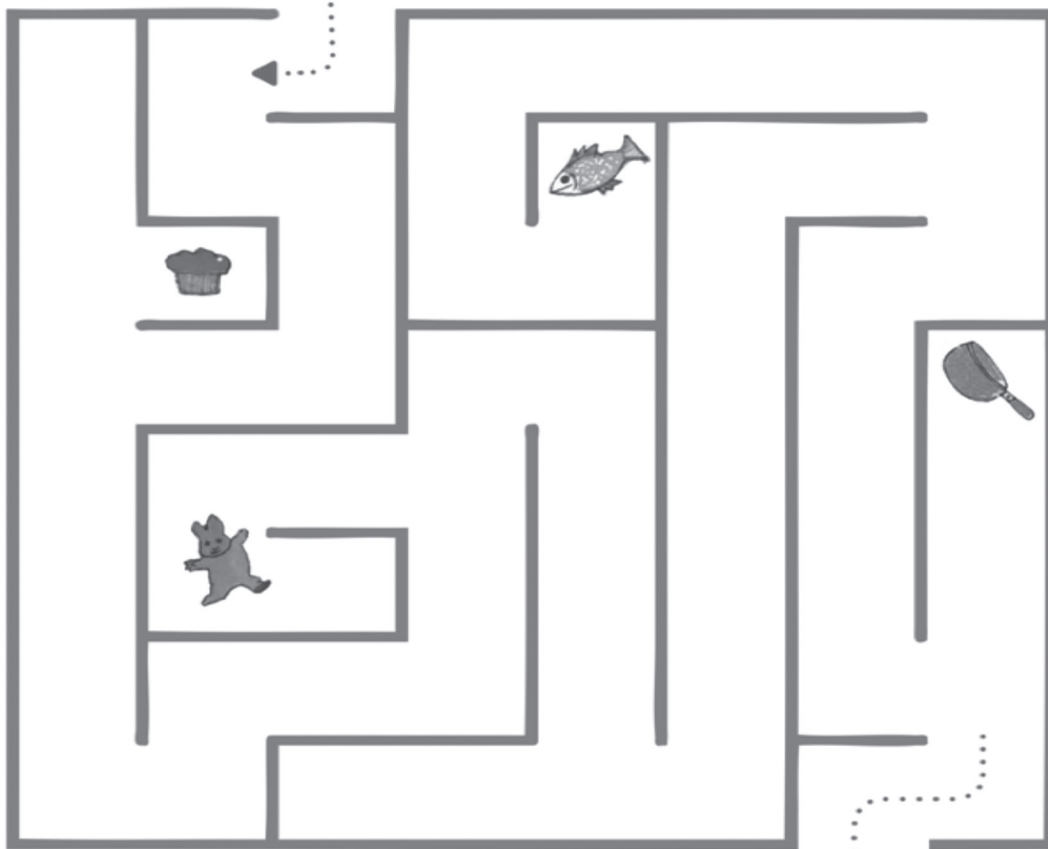
Find your way through the **MAX & RUBY MAZE!**

★ ★ **MAX & RUBY** ★ ★



Storytime with Grandma is over.
Can you help Max find his way to bed?

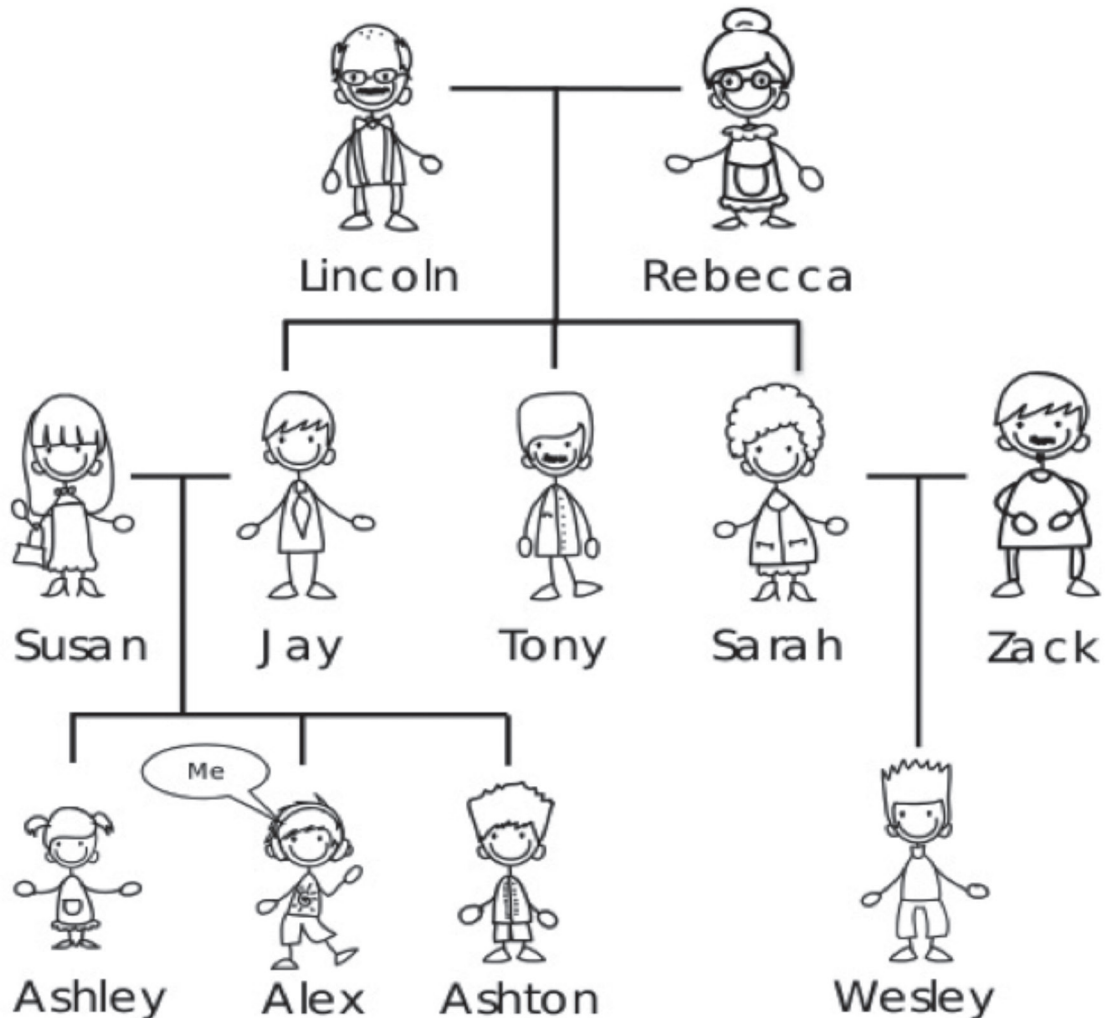
START



FINISH



Family



1. What is my cousin's name? It's _____.
2. Who is my father's brother? It's _____. He's your _____.
3. How many uncle's do I have? You have ____ uncles.
4. Who is my grandmother's daughter? It's _____. She's your _____.
5. What is my aunt's husband's name? It's _____.



Personalized Pillow Cases and Matching Sleep Masks

Supplies for pillow cases:

- Plain pillow cases
- Head n Bond Ultra Hold
- Fabric (1 yard makes 13 masks & pillow cases)
- Scissors
- Letters to trace unless you can draw them on



INSTRUCTIONS:

Step 1. Trace the letters backwards on the paper side of the Heat n Bond. (You'll need them in reverse so the letter is right side up once you iron it on.)

2. Iron the Heat n Bond to the wrong side of the fabric.
3. Cut out all your letters. The paper backing on the Heat n Bond makes it very easy to cut the fabric ~ it's just like cutting regular paper.
4. Peel off the paper backing, then position your letters on the pillowcase and iron in place.



That's it!

(NOTE: The Heat n Bond adhesive is permanent and forms a very good bond. The letters will stand up to washings just fine with just slight fraying around the edges. I wouldn't necessarily use these pillows every night and wash every week, but they'll be fine as an extra bed pillow and once a month washings.)



Sleep Masks (part 2)

Supplies for Masks:

- fabric
- several sheets of black stiff felt
- coordinating satin fabric
- Heat n Bond Ultra Hold
- elastic head wraps - NOT the no slip ones, just the regular



INSTRUCTIONS:

1. Make a sleep mask shape on a piece of scrap paper to use as a pattern. I just roughly sketched an oval with a slight indentation at the nose. Use the pattern to cut the shape out of the stiff black felt.
2. Iron the Heat n Bond to the wrong sides of both the satin material and the patterned material for the front.
3. Cut out the sleep mask shape from the satin fabric.
4. Peel off the paper backing and iron the satin fabric onto the black felt. (Play around with the heat setting just a bit. You'll need it slightly lower than recommended so it doesn't "melt" the satin or felt, but still hot enough to adhere the adhesive.)
5. Wrap your elastic head wrap around your sleep mask. Use three dabs of hot glue to attach it to the black felt in the middle and near both sides. Stretch the elastic just slightly as you're gluing it in place. You don't want it stretched a lot, but just pulled slightly taut.
6. Keep the elastic unglued on the satin side of the mask. This will be the part that faces your eyes and the elastic band will go around your head.



Sleep Masks (cont'd)

7. Now flip your mask over and remove the paper backing from the patterned fabric. Iron it in place over the elastic band. I lined it up and ironed it in place across the bottom of the mask, then over the elastic, then the top part above the elastic.
8. That's it! You're done. Now you will still see the raised part of the elastic head wrap, but it's not too noticeable with a patterned fabric. By keeping it all in one piece, you didn't have to do any sewing to keep it in place and it holds the mask nicely in position when you put it on without getting tangled in your hair.





The Paper Plate Dream Catchers

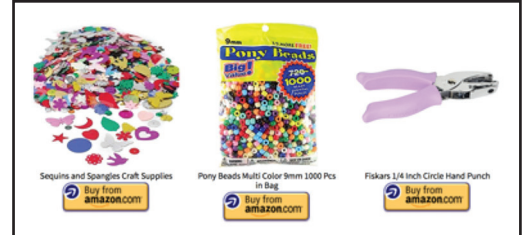
Materials:

- Paper plates (cheap, uncoated plates work best)
- Yarn
- Crayons
- Sequins
- Glitter
- Feathers
- Pony beads
- Glue
- Scissors
- Hole punch – My favorite punch!



DIRECTIONS:

1. Cut out the center of the paper plate leaving just the outer ring.
2. Punch holes along the inner edge of the ring.
3. Place two holes at the top of the ring (for hanging) and three holes at the bottom (to hang feathers).
decorate one or both sides of the paper ring with markers, pencil crayons, sequins, glitter and anything else you wish to use.
4. Allow the plates to dry.
5. Cut three strings of yarn and tie a feather to one end.
6. Once the feather is secure, string beads onto the yarn and feather.
7. Cut a length of yarn to string across the middle of the plate. (This is an estimate, run the yarn across the holes a few times to get an idea of how much yarn to cut.)
8. After tying off the yarn on one hole, weave the yarn through the holes across the center of the ring to create a web.
9. While weaving, you can add a few beads at random to the yarn.
10. Attach the feathers and a loop of yarn for hanging.



5 Quick Bedtime Snacks For Children

Your child can't sleep without a light bedtime snack? Our expert suggests some options to fill your child's tummies before getting them ready for bed.

1. Milk and Wholemeal Biscuits

Milk is a good, soothing drink before bedtime and contains protein and calcium. Wholemeal biscuits are a good option to accompany milk, which your child can dip into the milk, or eat on its own.

Tip: Choose wholemeal or wholegrain instead of biscuits with no fibre and lots of sugar or cream filling.

2. Fruit and Yogurt

Bananas are a good source of Vitamin B6, which is needed to make melatonin (a sleep-inducing hormone) and yogurt is rich in protein and calcium.

Fact: Some research indicates that lack of calcium may result in poorer sleep, including the lack of a deep REM sleep phase.

3. Wholegrain Bread with Nut Spread

Wholegrains and nuts contain magnesium. A deficiency of the mineral has been linked to insomnia. Bread contains carbohydrate, which may increase the level of sleep-inducing tryptophan.

4. Cereal Mix Containing Nuts and Seeds with Milk

Nuts and seeds contain magnesium and vitamin E. Avoid cereals high in sugar with lack of other minerals.

5. Banana or Fruit Muffin

Muffins can be made at home with milk or yogurt and fruit as ingredients. It is a delicious way to include fruits and dairy in your child's diet.

Tip: Store-bought muffins are also fine if you don't bake, but try to choose those lower in sugar.

5 Things to Avoid Before Bedtime

1. Tea or Bubble Tea

Tea contains caffeine, and should be avoided by kids even at other times (not only bedtime). It also interferes with iron absorption. Iron is crucial to your child's growth and development.

2. Chocolate

Chocolate contains sugar, which may cause your kid's blood glucose levels to rise sharply. Some kids get very energetic and have difficulty settling down to sleep after taking too much sugar. Also, chocolate contains a small amount of caffeine

3. Sweets and Desserts

Taking high sugar foods before bedtime may cause 'hyperactivity' in your child. Excessive ingestion of sweets may lead to tooth decay if they fail to brush their teeth thoroughly before bed.

4. Heavy Meals

Too large or heavy a meal may result in stomach discomfort before bedtime. Keep bedtime snacks light and easily digestible.

5. Exciting Games or Classes

Keeping kids active is great, but try to schedule these activities earlier in the day. As any parent would know, getting kids ready for bed after they are all 'hyped up' is difficult. This will delay their bedtime and result in lack of sleep over time.

Thoughts to Write

Here are some questions to think about...
Write or draw your answers to the following questions.
You can pick one question or answer them all!

My favorite thing to dream about is...

If I have trouble falling asleep, this always helps me...

Thoughts to Draw

What is your favorite dream?

Thoughts to Draw

This helps me fall asleep...

Answers

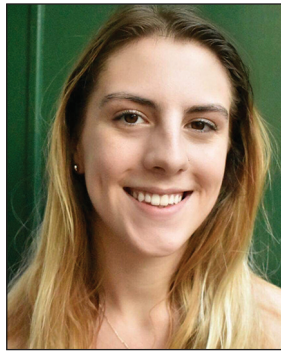
I Love You to Infinity

These words have been mixed up. Can you unscramble them?

tBmidee Bedtime	Daerm Dream	veLo Love	eSlpye Sleepy
iaFlym Family	ntiiyfnI Infinity	qepkisaup Pipsqueak	soMeu Mouse
rtnntaioeIc Interaction	onintnecoC Connection	tigiananIom Imagination	Styor Story

Family	Dream
Bedtime	Mouse
Connection	Imagination
Pipsqueak	Sleepy
Infinity	Interaction
Love	Story

About the Illustrator



Holly Smith, a student of St. Olaf College in Northfield, Minnesota is an artist and illustrator of children's books. Drawing, painting, photography and ceramics are some of the many forms of art she pursues. Her creativity and imagination has been a life long gift and passion that has evolved into many beautiful pieces resulting in various awards and recognitions. She can be contacted on Facebook at [Hollysmithart](#) or by email at Hollysmith2989@gmail.com.

About the Author



Shelly Recer is a health and wellness expert specializing in the care and knowledge of children and families at her chiropractic wellness center in Eagan, Minnesota for the past 22 years. As a mom of six kids and as a doctor, she knows the importance of the messages we tell ourselves and our kids and how that affects our lives in so many ways. The inspiration behind her books is to encourage and empower kids through uplifting words, creating value and worth in their lives. By creating ways for parents to interact in a loving and positive way it leads to happy and healthy kids in body, mind and spirit.

Shelly can be contacted by email at shellyrecer@gmail.com or visit iloveyoutoinfinity.com.

***I Love You to Infinity releases
October 23rd, 2018***

To learn more about the book and to order copies,
please visit Amazon.

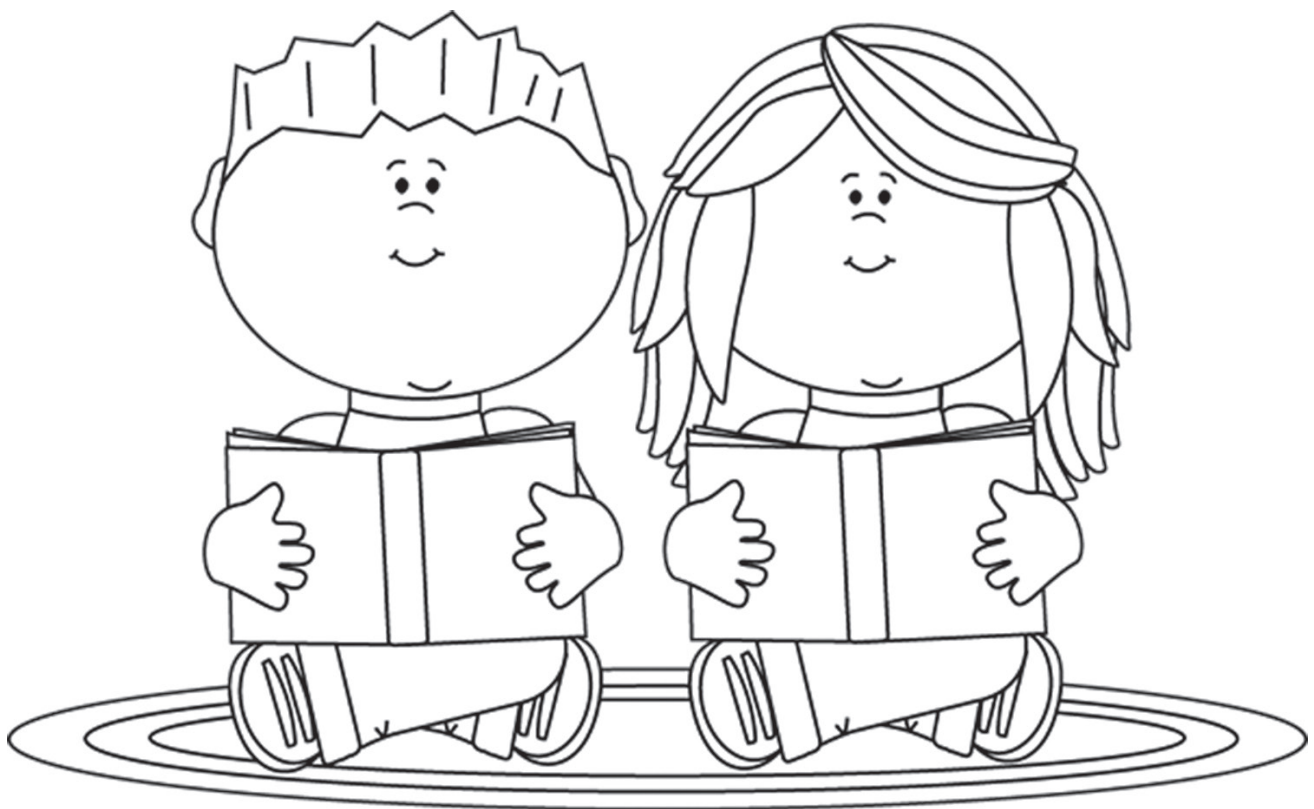


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