



Pajama Program

Good Nights Are Good Days

**FREE Virtual
K-2 Field Trip!**

Storytime Plus: Virtual Edition

Give Your Kindergarten-2nd Grade Students the Building Blocks for Healthy Sleep

Tired Students?

Educators know that well-rested students make better classroom citizens and learners. But it's not always easy for children to get the healthy sleep they need.

Pajama Program's Storytime Plus: Virtual Edition can help! With our interactive sleep health presentation, engaging stories, and practical bedtime materials, we provide your students with the building blocks for a comforting bedtime routine and a good night's sleep.



"The program was great! We loved reading the stories together and making it part of the bedtime routine. The presentation was simple and clear. The children really enjoyed it!"

- Participating Teacher

About Storytime Plus: Virtual Edition

At each FREE, 45-minute, virtual presentation (e.g. Zoom, Teams), K-2 students receive:

- A fun and interactive lesson on our R.E.A.D.Y.® Bedtime Routine
- Two stories read aloud to engage students and demonstrate a relaxing step in the bedtime routine
- **New pajamas, a new book, and a bedtime routine magnet**

The sleep health education, bedtime basics, and caring connections we provide can help your students get the sleep they need to be healthy, happy, and ready to learn!

Parent Engagement Opportunity!

Want to increase impact? Contact us to schedule a Parent Workshop! This companion program engages parents and caregivers with connected strategies, tips, and tools. When families work as a team at bedtime, it's easier for students to get the sleep they need to learn, grow, and thrive!

*We hope to see
you back at our
Pajama Program
Centers soon!*

**Contact Pajama Program
for more information**



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