

# RISORSE VIDEO #3

## 20 frasi essenziali per la bedtime routine



*In questo PDF trovi le 20 frasi essenziali per la bedtime routine*

*Puoi aggiungere queste frasi essenziali (+ alcune surprises), per arricchire il momento in inglese della Bedtime Routine.*

# 20 frasi essenziali per la bedtime routine

- **Have a wee wee**
- **Wipe yourself** - *pulisciti*
- **Flush the toilet** - *tira l'acqua*
- **Wash your hands** - *lavati le mani*
- **Have a shower or bath** (*bubble bath*)
- **Don't be a silly billy wash your:**  
*(neck, shoulders, armpits, arms, tummy, bellybutton (it tickles), legs, feet (don't forget the moon cheese in between your toes!))*
- **Here is your bathrobe**
- **Put on your pyjamas (+ Put on your pyjamas song)** *mettiti il pigiama*
- **First put on your pyjama top (stella star!)** - *prima mettiti la maglietta del pigiama*

# 20 frasi essenziali per la bedtime routine

- **Then put on your pyjama bottoms** - *poi mettiti i pantaloni del pigiama*
- **Brush your teeth + Brush your teeth song** - *lavati i denti*
- **Drink some water** - *bevi dell'acqua*
- **Let's read a book! Choose a booksy-wooksy!**

# 20 frasi essenziali per la bedtime routine

**Let's sing the counting out rhyme / song to choose a book:**

*Versione 1*

**Eeny, meeny, miny, moe,  
Catch a tiger by the toe.  
If he hollers, let him go,  
Eeny, meeny, miny, moe.**

*Versione 2*

**Eeny, meeny, miny, moe,  
Catch a tiger by the toe.  
If he squeals, let him go,  
Eeny, meeny, miny moe.  
Pig snout you're out.**

*Versione 3*

**Eeeny, meeny, miney, mo.  
Put the baby on the po (chamber pot - vaso da notte).  
When he's done,  
Wipe his bum.  
And tell his mother what he's done**

## 20 frasi essenziali per la bedtime routine

- **Why do you like this book? I like...** (encourage production)
- **What can you see on this page? I can see...**(encourage production)
- **It's time for... snuggles and cuddles!**
- **Come here and give me a kissy-wissy!**
- **Please, turn on the nightlight. I'm going to turn off the light**
- **Sweet dreams. Night-night!**

# Filastrocche

*Ti riporto le filastrocche che abbiamo visto ieri e che puoi sempre utilizzare*

**Brush brush brush your teeth**

**Brush the food away (bye bye food!)**

**round and round, left and right**

**Morning, noon and night!**

**Brush brush brush your teeth**

**Brush them every day**

**The front, the sides, and in between**

**That's how you keep them clean!**

**So let's sing a song and make it fun**

**just say... Cheese!**

# Filastrocche

**You put your right hand in**

**You take your right hand out**

**You put your right hand in and you shake it all about**

**You do the Hokey Pokey and you turn yourself around**

**And that's what it's all about!**

**You put your left hand in**

**You take your left out**

**You put your left hand in and you shake it all about**

**You do the Hokey Pokey and you turn yourself around**

**And that's what it's all about!**