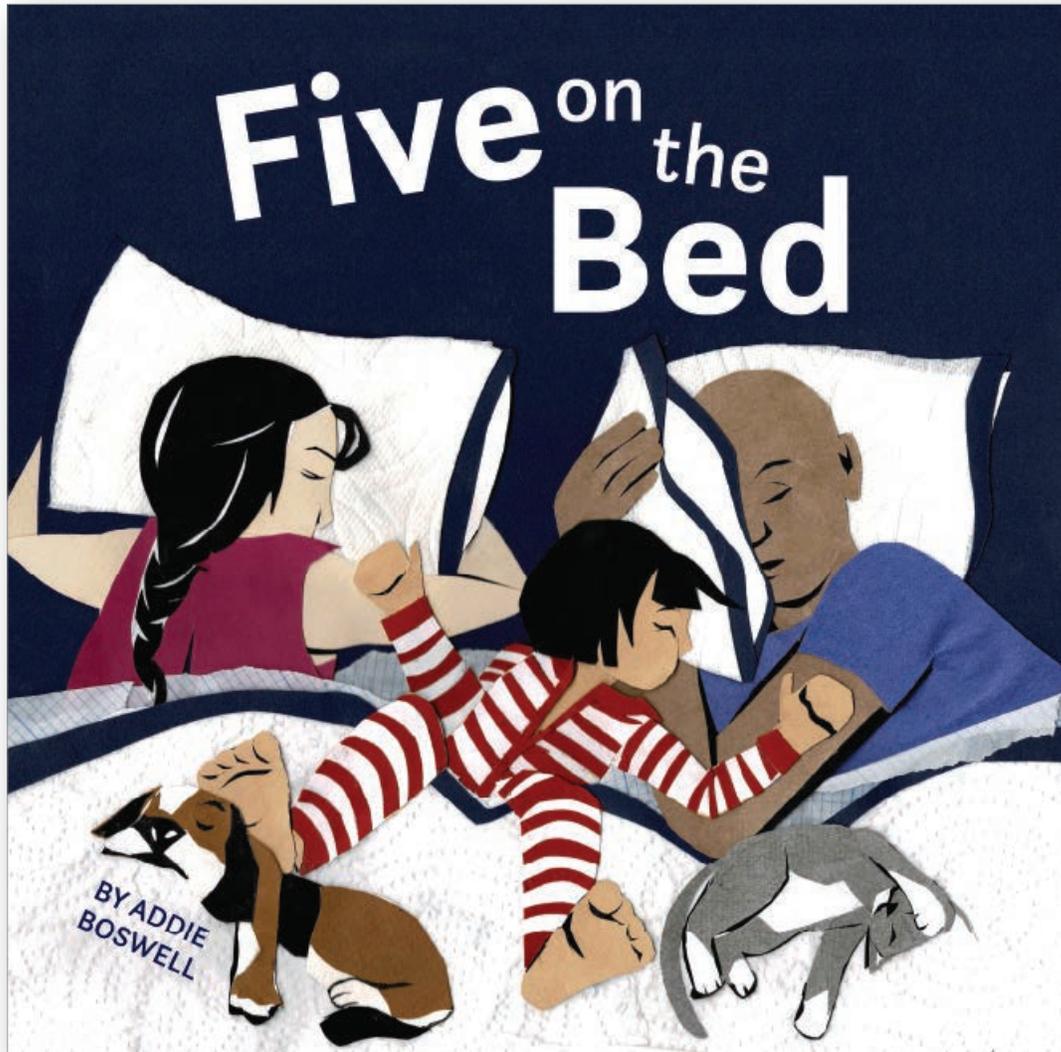


BOOK GUIDE FOR *Five on the Bed*

Written and Illustrated by Addie Boswell



F&P Text Level: D
Lexile Measure: AD100L

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Summary

With simple text and paper-cut illustrations, this charming story asks readers to count along to bedtime. The five-member family moves in, out, below, beside, and even above the bed as they travel through a regular day. A perfect and quick read-aloud before bedtime.



About the Author

Addie Boswell is an artist and writer, specializing in community-based murals and children's picture books. Recent titles include *The Snow Dancer* and the "in Motion" series which starts with *Go, Bikes, Go!* Inspired by her own five-piece family, *Five on the Bed* is extra special because it is her first self-illustrated book and she loves to sleep.

About the Art

The pictures in this book were all made from cut paper. The author had to search for the perfect shades of blue, because she wanted to show the light changing throughout the day. But along with colored paper, she also used some mixed media, including newspaper, thin sheets of wood (or wood veneer), paper towels, and tracing paper. Look through the pictures and see if you spot those media!

See the whole illustration process in this five-minute video:
<https://www.youtube.com/watch?v=4y8-Fhxy0UI&t=50s>

This is the author's workspace and the tools she used.
Do you recognize all these things?

- Cutting mat
- X-Acto knife
- Used knife blades
- Scissors
- Glue
- Glue dots
- Rubber eraser
- Paper



Questions for the Readers

1. Who are the five on the bed?
2. Why is this family sleeping in the same bed?
3. Do you share a bed with anybody?
4. Do you have pets or wish you had pets?
5. What time do you go to sleep usually?
6. How many hours of sleep do you get each night?
7. How many hours do you wish you could sleep?
8. *Media* means the art materials used to make the pictures. What media do you see in this book?
9. What do you think *mixed media* means?
10. What is *collage*? Have you ever made a collage before?
11. Why would an artist use collage instead of drawing or painting in a book?



Who's on Your Bed?

For this project, you will “draw with scissors” and cut out things to go on the bed on the next page. Some shapes are hard, but the best thing about collage is: you can't mess up! Just cut something new or glue more paper on top.

Supplies

- Construction paper or recycled paper (like newspaper, magazines, candy wrappers, paper towels)
- Scissors
- Glue or glue stick
- Scotch tape



Step One: Cut out your person

It's easiest to make people in pieces, and you can decide which shapes are best for the head, body, arms and legs. Hole punchers work well to make small circles, or you can draw in small details. Now add your favorite pajamas!



Step Two: Arrange the bed

Position your person in the bed in a good sleeping position on the bed. Don't add covers yet, but think about what else you need on your bed. Pillows? Stuffed Animals? Books? Other people or pets? Lights or music? Cut them out and glue them down.

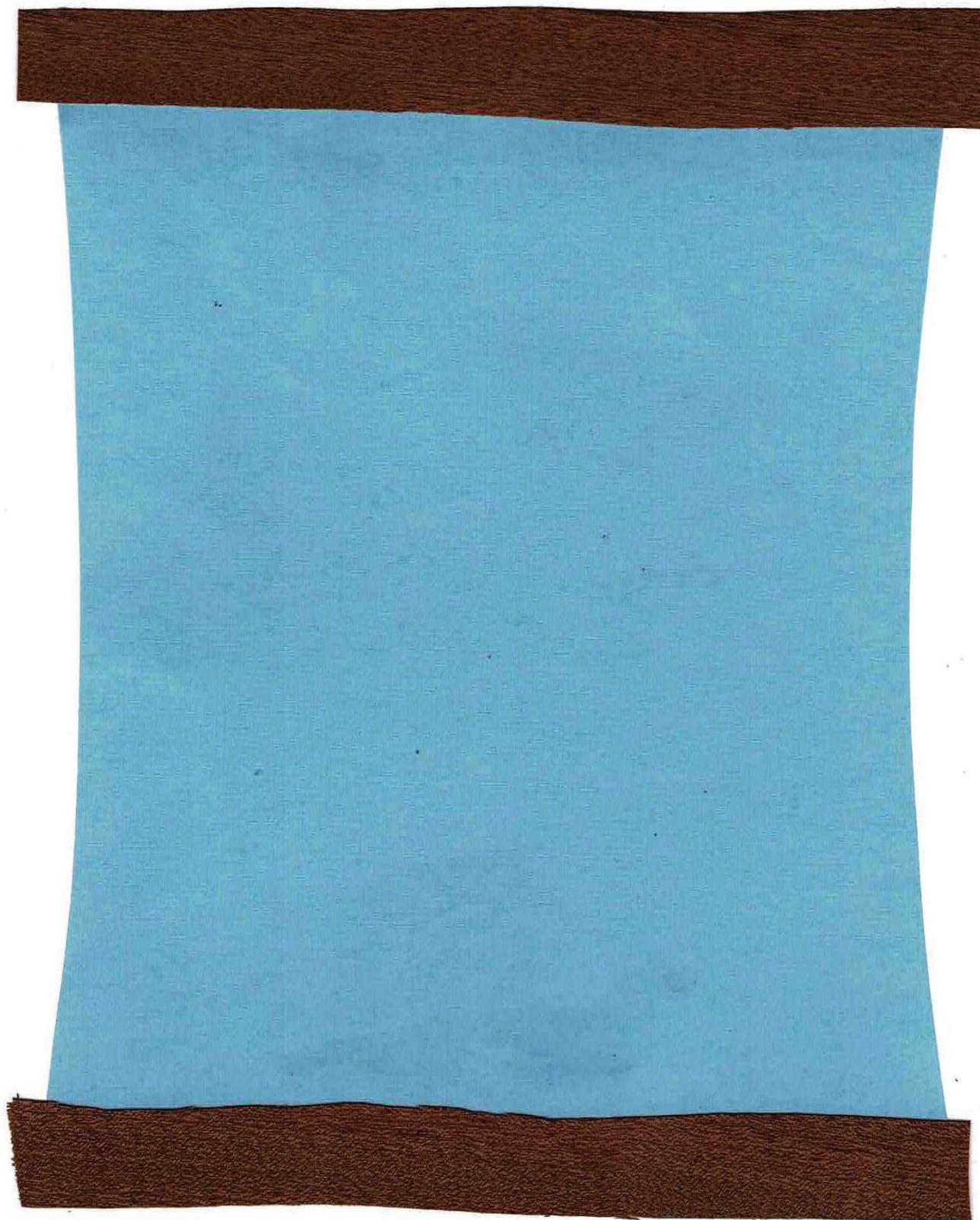
Step Three: Add the covers

When your bed is properly filled, cut a blanket out of paper or paper towel that is big enough to cover the people on the bed. Use a scotch tape hinge on the side or bottom edge so you can take the covers on and off. Good night!



Who's on Your Bed?

Name:



How Many Books?

Count how many books are in each stack and draw a line from the number to the correct stack of books. You can do it!

1



2



3



4



5



8



Look and Recall

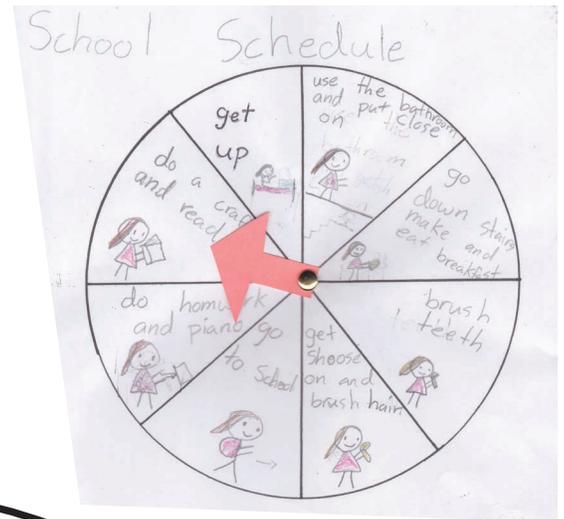
Study the picture below for 30 seconds. Then cover it up and see if you can answer these questions!

1. What is on the table?
2. What is beside the table?
3. What is above the table?
4. What is below the table?
5. What is inside the fishbowl?
6. What is between the fishbowl and the sandwich?
7. What is outside the window?

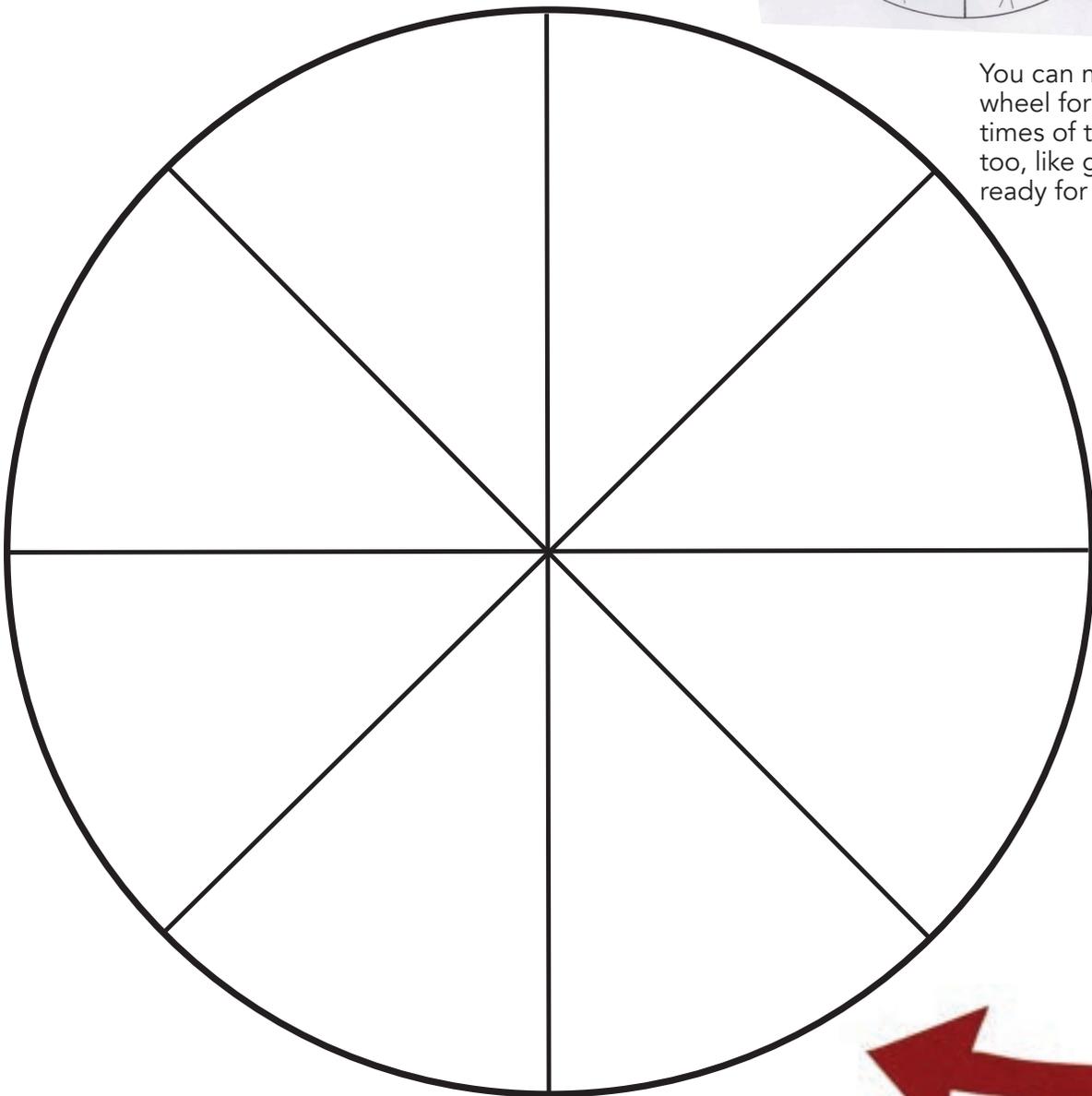


Ready for Bed Wheel

Think of eight things you need to do to get ready for bed, such as put on pajamas, brush teeth, and read books. Draw a symbol (or a small picture) for each thing in a slice of the wheel. Color in, and label with words if you like. Then cut out the wheel (you can glue it onto a paper plate for a stronger back), cut out the arrow, and attach to the middle of wheel with a brad. Ta-da! Which thing should you do first before bed? Spin the wheel to find out!



You can make a wheel for other times of the day too, like getting ready for school!



Good Dreams Kit

You can help yourself to a good night's sleep by discovering what helps you relax. This might be music, reading, thinking, imagining, stretching, breathing, singing, or something completely new. Get comfortable in bed and try these exercises to invite good dreams.

1. Stretch every part of your body, starting at your toes and working up to your hair. Say thank you to your body parts for working so hard today.
2. Take a deep breath, slowly counting to four on the inhale and eight on the exhale. Do this five times. (Did you make yourself yawn?)
3. From your spot in bed, check in with all five of your senses. What do you smell? What do you hear? What do you feel? What do you taste? What do you see?
4. Think through your day, starting with waking up in the morning, and remember all the things you did and the people you saw.
5. Try to name all the people and animals you love and imagine their faces as you name them.
6. Count to 100. Or even 1,000?
7. Sing your three favorite songs, aloud or in your head.

Some scientists believe you can influence your dreams by what you think about before bed. Give it a try!

Imagine a safe spot—maybe a beach or a playground, a yard, a treehouse, or even your own room. Imagine all the things you are surrounded by. Imagine the sounds and smells that are around you. Imagine how the air feels on your skin. Keep imagining your wonderful space until you slip into sleep.



More Good Books

If you like *Five on the Bed*, you might like some more of Addie's favorite books...

Books about Bedtime

Good Night, Gorilla by Peggy Rathmann
The Napping House by Audrey Wood, illustrated by Don Wood
I Am Not Going to Get Up Today! by Dr. Seuss, illustrated by James Stevenson
Five Little Monkeys Jumping on the Bed by Eileen Christelow
Bear Snores On by Karma Wilson, illustrated by Jane Chapman
Don't Let the Pigeon Stay Up Late! by Mo Willems
Goodnight Moon by Margaret Wise Brown, illustrated by Clement Hurd
Llama Llama Red Pajama by Anna Dewdney
The House in the Night by Susan Marie Swanson, illustrated by Beth Krommes
Bedtime for Frances by Russell Hoban, illustrated by Garth Williams
Dr. Seuss's Sleep Book by Dr. Seuss
Yawn by Sally Symes, illustrated by Nick Sharratt
My Monster Mama Loves Me So by Laura Leuck, illustrated by Mark Buehner
Sleep Like a Tiger by Mary Logue, illustrated by Pamela Zagarenski

Books with Collage & Mixed-Media Illustrations

What Do You Do with a Tail Like This?, Actual Size, and many more by Steve Jenkins
Up!, *Love You Head to Toe*, and many more by Ashley Barron
Paper Monsters and Paper Zoo by Oscar Sabini
School's First Day of School by Adam Rex, illustrated by Christian Robinson
When's My Birthday? by Julie Fogliano, illustrated by Christian Robinson
All Things Bright and Beautiful by Cecil Frances Alexander, illustrated by Ashley Bryan
Beautiful Blackbird and Let it Shine by Ashley Bryan
Radiant Child and The Jones Family Express by Javaka Steptoe
Wings by Christopher Myers
Uptown by Bryan Collier
Freedom River by Doreen Rappaport, illustrated by Bryan Collier
A River of Words by Jen Bryant and illustrated by Melissa Sweet
All of Us, A Perfect Day, and The Little Yellow Leaf by Carin Berger
Rain Fish by Lois Ehlert
Mouse Paint, Mouse Shapes, and Mouse Count (and more) by Ellen Stoll Walsh
Moon Bear by Brenda Z. Guiberson, illustrated by Ed Young
The Cat from Hunger Mountain by Ed Young
Wake Up, Big Barn! by Suzanne Tanner Chitwood
The Chicken-Chasing Queen of Lamar County by Janice N. Harrington, illustrated by Shelley Jackson
Catastrophe by the Sea by Brenda Peterson, illustrated by Ed Young
Shakespeare's Seasons by Miriam Weiner, illustrated by Shannon Whitt
Wallpaper, Skunk on a String (and more) by Thao Lam