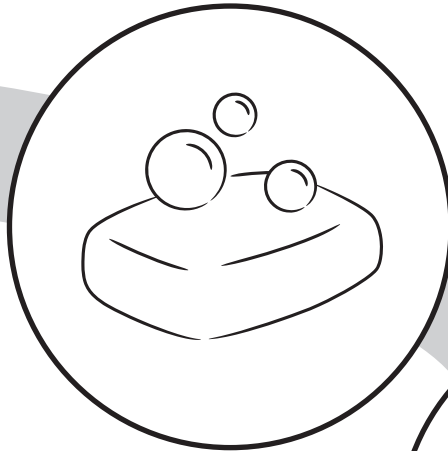
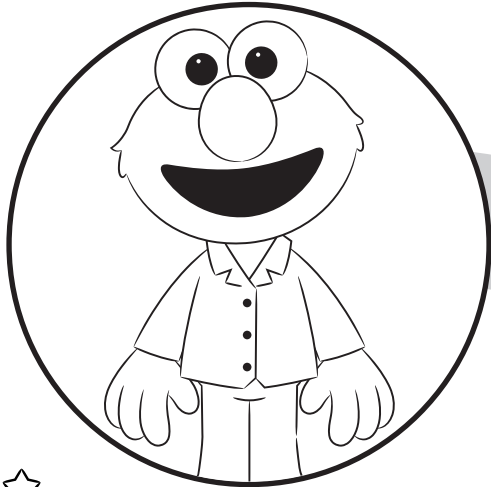


Time to Rest, Elmo! An Act-Along Story

Help Elmo get ready for rest. Follow the path with your finger and do each thing you see along the way. Which things help you feel ready for rest? You can color the pictures, too.

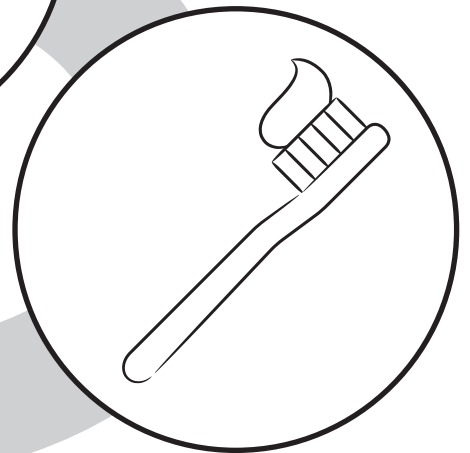


Help Elmo take his bath. Rub your arms like you're washing them with soap.

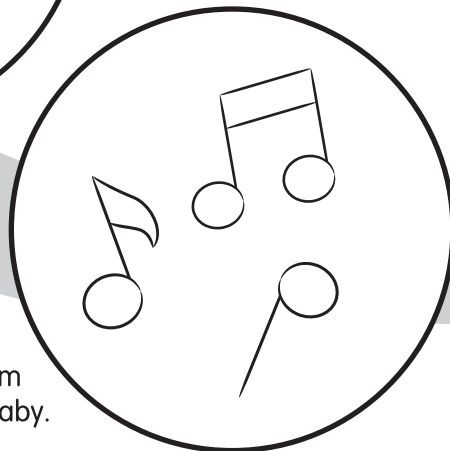
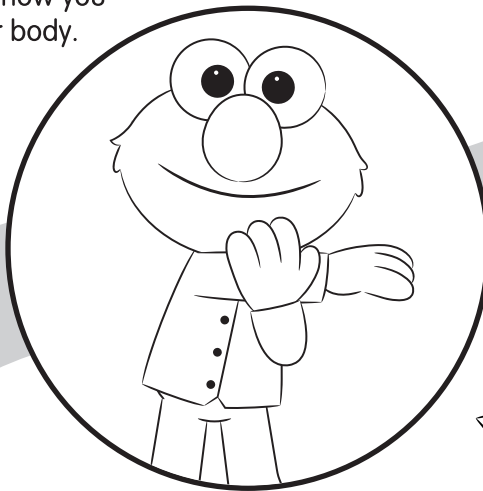
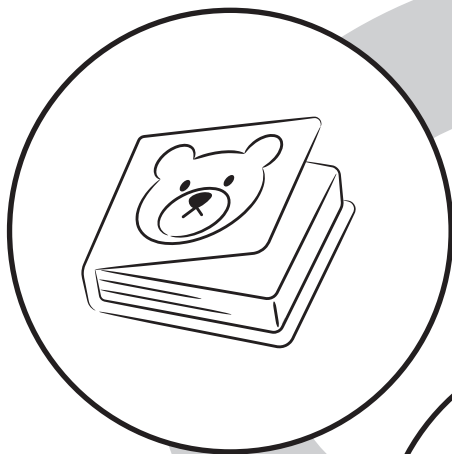


Show Elmo how you stretch your body.

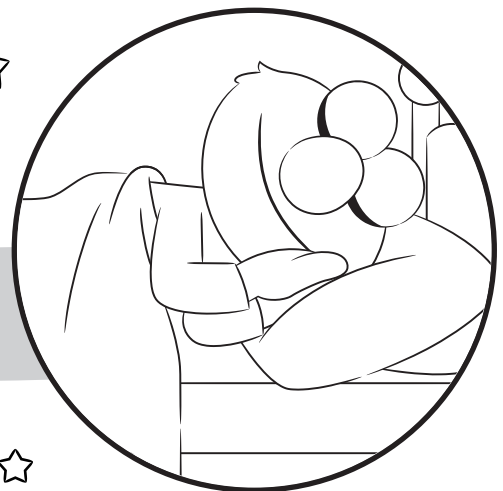
Tell him a story or tell him about your favorite book to read at bedtime.



Act out brushing your teeth.



Sing or hum Elmo a lullaby.



Good night, Elmo!