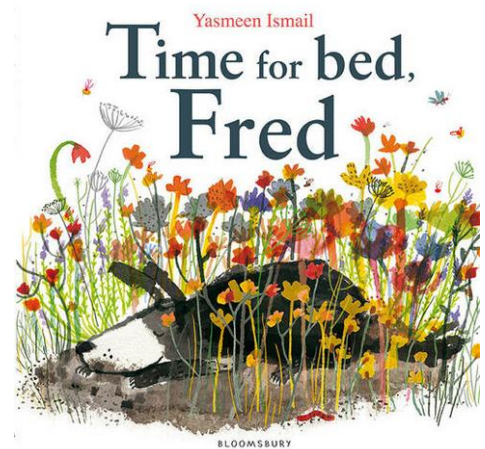


## *Time for Bed Fred*

By  
Yasmeen Ismail

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### Make a Messy Fred Collage



Recreate the front cover of *Time for Bed Fred* using collage materials. You can use anything you have to hand. In this picture, Fred was painted and lengths of black wool were stuck onto his body to make him look messy. The flower stems were painted with a fine brush and the petals made with tissue paper.

## Write a Poem About Fred

### Acrostic Poem

An acrostic poem is where the first letter of each line spells out the subject of the poem. Here, the subject of the poem is *Fred*.

An acrostic poem can simply be a list of words which describe the subject. These words are called adjectives.

#### Example 1

**F**ast

**R**aucous

**E**xcitable

**D**ifficult

Or, the poem can have the first letter of a different phrase on each line.

#### Example 2

**F**unny Fred

**R**aces around before

**E**ventually

**D**iving into his bed.

### Limerick

A limerick is a funny poem with 5 lines. Lines 1, 2, and 5 rhyme and lines 3 and 4 rhyme.

They have a special rhythm which is three beats in lines 1, 2 and 5 and two beats in lines 3 and 4.

#### Example 1

There once was a dog named Fred  
Who hated going to bed.

He flew round the house

As quick as a mouse.

He was lucky to not bang his head.

#### Example 2

Fred was a boisterous young hound

Who really loved messing around.

His owners despaired

As he ran down the stairs

So he hid and did not make a sound.



#### FRED'S TIP!

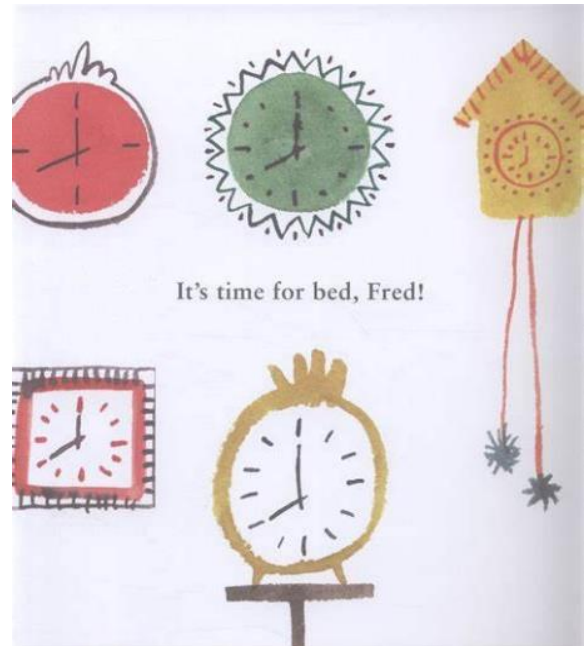
Make a list of words to describe me and the things I do. Choose words from the list which are easy to rhyme and think of some words to rhyme with them. Don't just pick random words because they rhyme – they must be relevant to the poem!

## Make a Clock

### You will need:

- A paper plate or a cereal box and a plate
- Felt tip pens or paints and brushes
- A split pin
- Card for the clock's hands
- Sticky numbers (optional)

There are lots of clocks in the book showing that it is 8 o'clock, which is Fred's bedtime. Make your own clock and use it to practise telling the time.



1. Make your clock face using the paper plate. Paint or colour it with any design of your choice. If you don't have a paper plate, use the card from a cereal box - draw and cut around a plate to make the clock face.
2. Write or stick numbers onto the clock. Start with 12 and 6, then 9 and 3. Finally, add the remaining numbers.
3. Ask a grown up to help you make a hole in the centre of the plate.
4. Make the hour and minute hands. Make holes in the ends of them and attach them to the clock with the split pin.

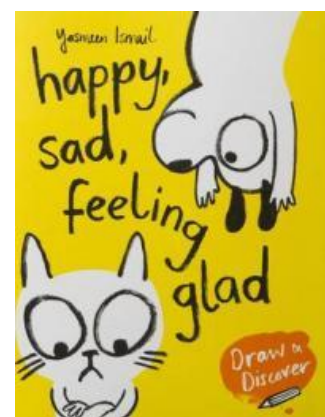
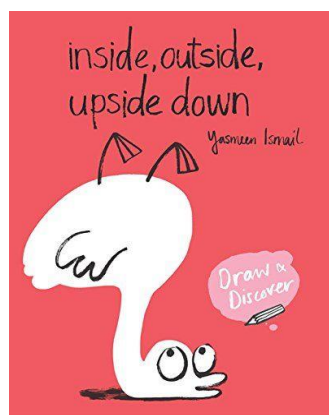
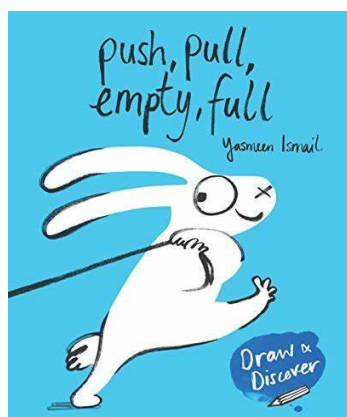
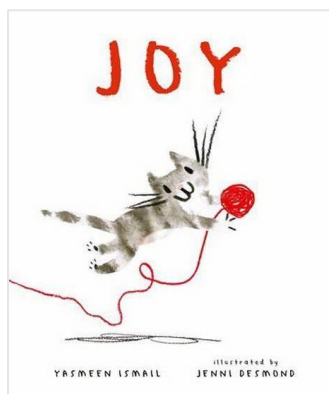
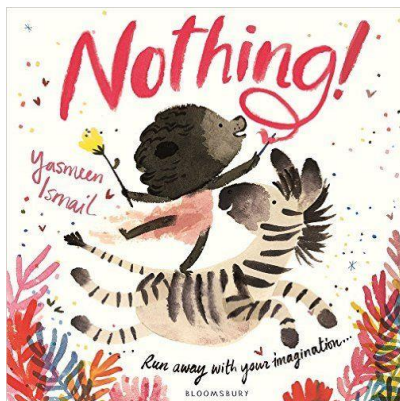


What other things might Fred do during the day? If you have your own dog, you will know that they need to have set times for meals, walks, playtime and perhaps training. Create a timetable for Fred's daily activities and use the clock to show the times at which he does them.

## Further Activities to Try

1. Watch Yasmeen's YouTube [video](#) and copy her technique to paint your own picture of Fred. Use watercolours or watered-down paint to get the same effect.
2. Design a new bed for Fred - one that he is more likely to want to get into at bedtime!
3. Fred might be happier to go to bed if he feels more sleepy. Write a set of instructions for a good bedtime routine which Fred could follow.
4. Fred loves to hide. Play your own game of hide and seek. Just make sure they are safe places to hide – not like some of Fred's!
5. The story ends with Fred finally falling asleep. What do you think he is dreaming about? Draw a picture of Fred asleep in his bed with a large thought bubble above his head. Inside the bubble draw the things you think he is dreaming about.

## More Books by Yasmeen Ismail



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