

# Preschool Pyjama Day Lesson Plan: Fun Learning Activities

**Theme:** Pyjama Day

**Age Group:** 3–5 years

**Duration:** Half-day / Full-day

**Focus Areas:** Literacy, social skills, sensory play, creativity, fine motor skills

## Learning Objectives

By the end of this lesson, children will be able to:

- Develop **social-emotional skills** through comfort-themed group activities.
- Improve **listening and comprehension** during bedtime story reading.
- Engage in **sensory and creative play** using themed stations.
- Practice **fine skills** through guided movement and craft.
- Build vocabulary related to **sleep, night-time, and routines**.

## Lesson Plan Schedule

### 1. Welcome and Circle Time (15–20 mins)

#### Activity: Pyjama Show-and-Tell

Children share:

- Their pyjamas
- A favourite bedtime toy
- Their bedtime routine

**Skills:** Communication, confidence, turn-taking

### 2. Literacy Activity – Bedtime Story Reading (20 mins)

Suggested books:

- [\*Goodnight Moon\*](#)
- *Llama Llama Red Pajama*

- [\*Time for Bed\*](#)

**Follow-up Questions:**

- “What activities do before sleeping every day?”
- “What helps you feel calm?”

**Skills:** Listening, vocabulary, comprehension

**3. Sensory Station Play (30 mins)**

**Stations:**

1. **Soft Blanket Texture Bin** – Cotton balls, fleece scraps
2. **Moon Sand Table** – White kinetic sand
3. **Star Sorting Tray** – Yellow foam stars for counting

**Skills:** Sensory exploration, fine motor, and early math

**4. Craft Activity – “My Dream Cloud” (25 mins)**

Children create a dream cloud using:

- Paper cloud cut-outs
- Cotton wool
- Crayons
- Glitter (optional)

Children draw what they dream about.

**Skills:** Creativity, emotional expression, fine motor development

**5. Movement Activity – “Sleepy Animals” Game (15 mins)**

The teacher calls out animals:

- Sleeping kitten
- Stretching bear
- Jumping kangaroo waking up

**Skills:** Listening and physical coordination

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## **6. Snack Time – “Bedtime Snack” (15 mins)**

Suggested simple foods:

- Milk
- Fruit slices
- Biscuits

Discuss healthy habits and bedtime routines.

## **7. Music & Relaxation (10 mins)**

Children lie on mats with dimmed lights while calming music plays.

**Skills:** Self-regulation, calm-down techniques

## **8. Closing Activity – “Goodnight Song.”**

Simple song:

*“Goodnight friends, goodnight friend*