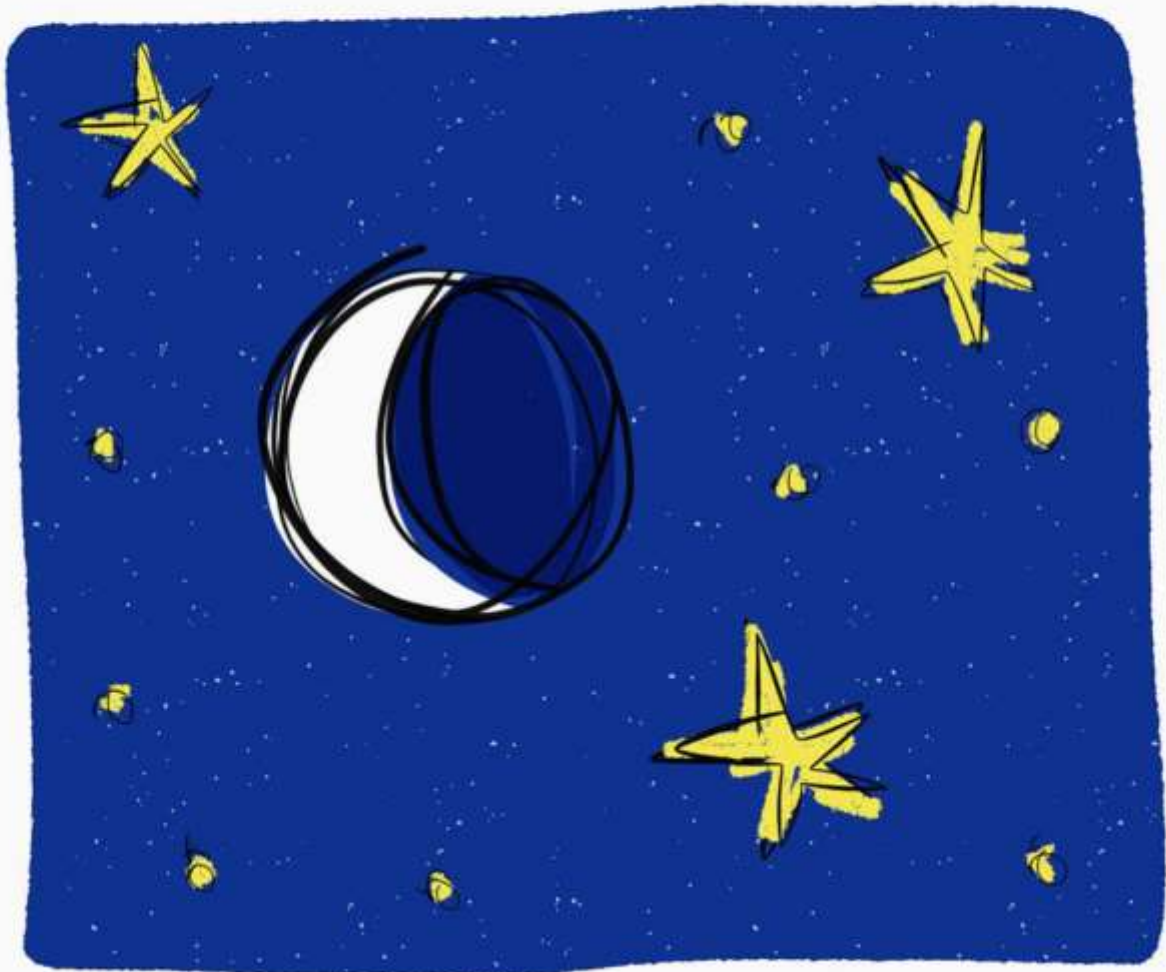


Sleep Time With **Lilly**



The sky was dark and draped in sparkles of light, Day has passed and turned to night.



Lilly's mom was getting her ready for bed.

"Now that the book is all done and read.

It's time to say good night," she said and
kissed Lilly on the head.

"But mom I am not done with this day, Maybe another
story we could read or a game we could play?"

"No buts Lilly... when you see the moon
You know it is time for bed soon."

"Listen closely, even the night crickets make it
clear. Their chirping is a cue that it is time for
sleep my dear."

She left the room and put on the night light.
Lilly sat up as soon as her mom was out of sight.

“With this day I am not done.
Sleep is for babies and I am not one.”
She sniffed and wiped away a tear.
“I know...I will call upon the Forest Fairy she
will take me from here.”

Moments later the Forest Fairy appeared.



"Forest Fairy, take me on a night adventure please?"

"Oh no Lilly," the fairy says with a yawn, An
adventure will have to wait till dawn."

"And I bet that you are tired after the long day,
There was school, homework, chores and play."

"But I don't want to go sleep it is so boring.
Nothing happens when you sleep Forest Fairy."

"Many things happen when we sleep. As we sleep,
we dream and rest And tomorrow we will be at our
best."

"And if you want to be strong and grow,
Sleep is the key you know."

Lilly frowned in disbelief.

"Think of the flowerbed in the meadow Lilly."

"Which one Forest Fairy?"

"The Tulips, my dear Lilly."

"Oh, that is such a beautiful flower bed, so colourful and bright."

"And do you know why because they sleep at night."

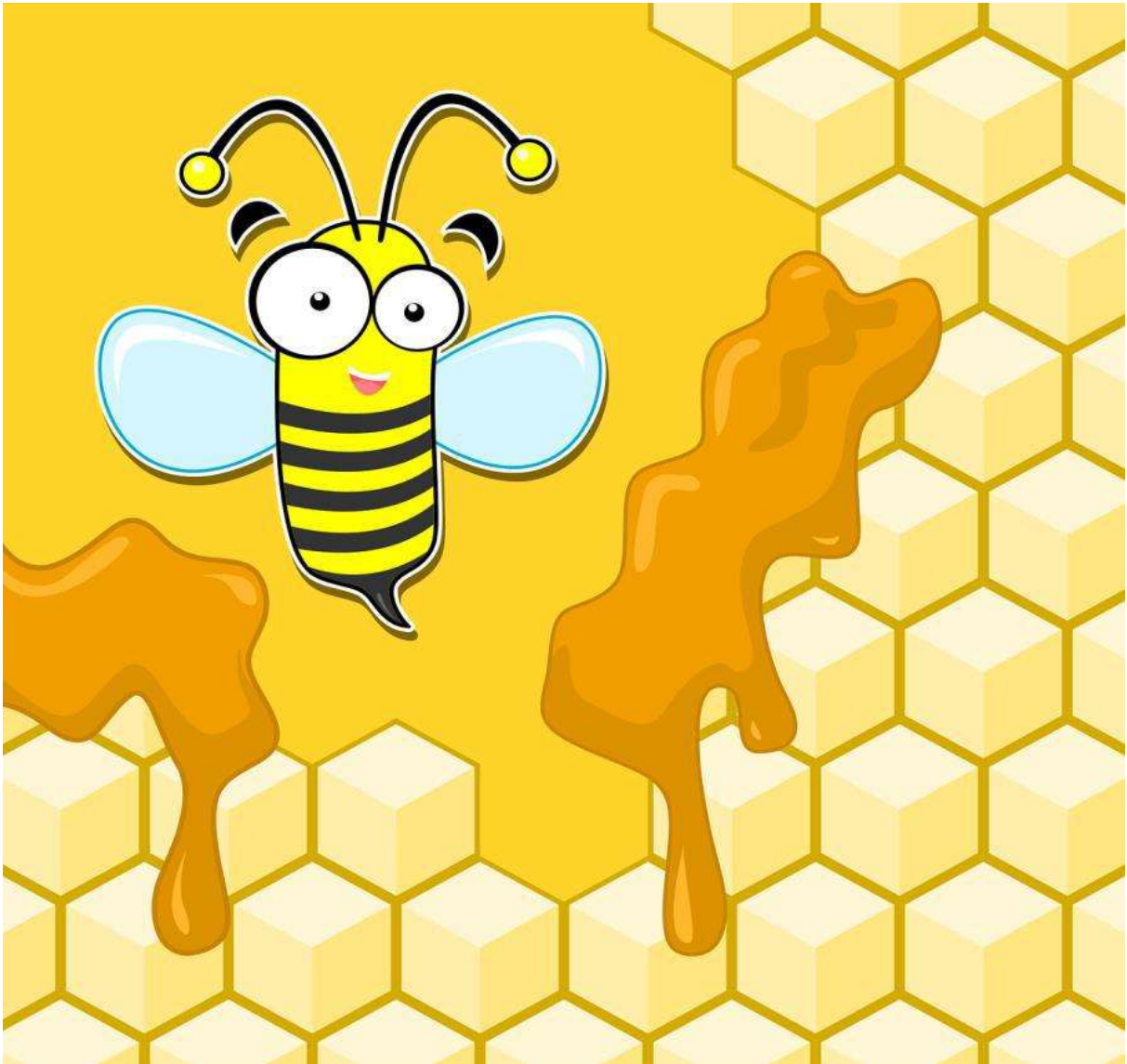
"At sunrise the tulips open its petals to meet the day,
To welcome the bees and butterflies that come their way."



"And bees make pollen into honey."

"That's right Lilly."

"Mmmm yummy, honey so golden and runny."
Lilly stretches and rests against the pillows with a
yawn.



"When the sun disappear for the day and the
moon is in sight,
The tulips know it's time to close its petals tight,
And rest up during the night."

"So like the tulip let us close our eyes and drift
off to sleep,"



"To go to a dreamland with magic, wonder and
white woolly sheep,
Tomorrow is another day for adventure and play,
And with a good night's rest the better the next
day."

Lilly was fast asleep at the end of the tale.
The Forest Fairy lifted her wand and magical dust
came into sight.
She closed Lilly with some blankets and
whispered,
"Sleep well my friend and good night."

The End

