



Kristoffers Aftenritual: Banan og Mælk før Sengetid



Jeg hedder Kristoffer. Hver aften har jeg et særligt ritual.



Jeg spiser en banan og drikker et glas
mælk.



Det er godt for min søvn.



Først finder jeg min yndlingsbanan.



Jeg føler mig glad, når jeg holder den.



Jeg skræller bananen forsigtigt.



Jeg tygger hver bid langsomt.



Bananen smager sødt og godt.



Så hælder jeg mælk i mit glas.



Jeg tager en stor slurk.



Mælken er kold og frisk.



Jeg føler mig rolig indeni.



Når jeg er færdig, sætter jeg glasset på bordet.



Jeg ved, at jeg er klar til at sove.



Jeg putter mig under dynen.



Jeg føler mig stolt af mit aftenritual.
Godnat!

Vocabulary

⇒ ■ Vocabulary:

1. Ritual

- A special thing you do the same way every time

2. Banan

- A yellow fruit that is sweet and yummy

3. Mælk

- A white drink that comes from cows and is good for you

4. Sove

- To rest and close your eyes at night

5. Yndlings

- Something you like the most

6. Glad

- Feeling happy inside

7. Rolig

- Feeling calm and peaceful

8. Stolt

- Feeling good about something you did

Spellings

A: Ritual

B: Rituel

A: Banan

B: Bannan

A: Mælk

B: Maelk

A: Søvn

B: Suvn

A: Glad

B: Gladd

A: Skræller

B: Skraeler

A: Indeni

B: Indni

A: Godnat

B: Goodnat

Comprehension Questions

1. What is Kristoffer's special ritual before bed?

A: Eating a banana and drinking milk

B: Playing with toys

2. How does Kristoffer feel when he holds his banana?

A: Sad

B: Happy

3. What does Kristoffer do with the banana?

A: Throws it away

B: Peels it carefully

4. How does the banana taste to Kristoffer?

A: Sour

B: Sweet and good

5. How is the milk Kristoffer drinks?

A: Warm and old

B: Cold and fresh

6. How does Kristoffer feel after drinking the milk?

A: Angry

B: Calm inside

7. What does Kristoffer do after finishing his milk?

A: Puts the glass on the table

B: Drops it on the floor

8. How does Kristoffer feel about his bedtime ritual?

A: Proud

B: Confused

Open-Ended Questions

1. How do you feel when you have a special bedtime routine like Kristoffer?
2. What is your favorite part of getting ready for bed?
3. Why do you think having a bedtime ritual can help you sleep better?
4. How do you feel after having a snack before bed?
5. Can you think of something you do every night that makes you feel calm and ready for sleep?