



FREE LESSON GUIDE

ONE MORE ZOOMIE!

An Oliver & Penny bedtime story for kids who aren't done with today

Ages 3–6 · PreK–K · About 5 minutes · by Mr. Twisty (Chad Currin)



THE LESSON

It's hard to say goodbye to a fun day. The fun will still be there tomorrow, and sleep fills you up for it. *For every kid who asks for "just one more" at bedtime.*

SKILLS IT BUILDS

- Handling transitions and endings
- Naming the feeling: "It's hard to say goodbye to a fun day"
- Co-regulation: a calm grown-up who sits with you
- A predictable, cozy bedtime routine

TALK ABOUT IT

1. How did Mr. Twisty know what Oliver was asking for?
2. Why didn't Oliver want the day to end?
3. What will still be there tomorrow?
4. What "fills up your zoom"?
5. What helps YOU get ready for sleep?

TRY IT: FILL UP YOUR ZOOM

Practice a calm wind-down: one more big stretch, one more slow breath, one more whisper "goodnight." Great for nap, the end of recess, or clean-up time. Families can add their own "one mores" to a bedtime chart.

WORDS TO NOTICE

"Okay. Just one more." (kids chime in) · grrr, slurp, thump, zoom, zzz · around, under, over · tonight, tomorrow

FRAMEWORKS

CASEL self-management & self-awareness · ELOF Social & Emotional Development · Zones of Regulation (Yellow to Green to Blue)

KIDS WILL ASK...

Isn't Mr. Twisty giving in to stalling? The "one mores" show a grown-up hearing a child's feelings, then guiding him to rest without a fight. Many families use "Okay. Just one more." as a planned, limited goodbye to the day.

Did Oliver catch the leaf? Yes! The next morning, with a full zoom, he finally catches the leaf that got away.

Is the Fox plushie real? Yes. Fox is the real Oliver's favorite toy.

Read-aloud permission: teachers, librarians and caregivers may read this book aloud in classrooms, storytimes and live or virtual library programs. These are picture books, not clinical tools; they open conversations and pair with the supports you already use.