Did you know?

Read these interesting facts about night time with a parent, carer or teacher.



At night time it is dark. Most people sleep at night time.



It is important to get a good night's sleep every night.



Some people work at night, like members of the emergency services.



Some animals sleep in the day and are awake at night. They are known as nocturnal animals.



Bats, owls, foxes and badgers are nocturnal animals.



We live on a planet called Earth. It gets dark at night because our part of Earth is facing away from the Sun.

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Key vocabulary

Explore these words together. Talk with an adult about what each word means and use the words in a sentence or as you play.


badger


bat


bedtime


dark


daytime


Earth



emergency services


fox


light


Moon


night time


nocturnal


owl


planet


sleep


stars


Sun

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