



CHARLIE THE SLEEPY BEAR

Once upon a time, in a forest far, far away, lived a little bear named Charlie. He loved to play all day — climbing trees, splashing in the river, and chasing butterflies with his friends. But when the sun began to set, Charlie never wanted to stop.

“Just a little longer!” he’d say, running through the meadow while his mother called him home.

One evening, after staying up too late, Charlie woke up feeling sluggish. His paws dragged, and his eyes felt heavy. When he tried to climb his favorite tree, he slipped. When he ran after his friends, he tripped over his own feet. Even his honey didn’t taste so sweet.

“Why am I so tired?” Charlie asked his mother. She smiled gently. “Because your body needs to rest to grow strong and healthy. Sleep helps you run faster, climb higher, and enjoy your adventures even more!”

Charlie wasn’t sure, but that night, he curled up in his cozy den a little earlier.

When Charlie woke up, he felt amazing — full of energy and ready to explore. He climbed the tallest tree, raced with his friends, and laughed even louder.

From that day on, Charlie never argued about bedtime again. He knew that every night, as he snuggled into his warm bed, another great adventure awaited him the following day.

And so, Charlie the bear learned that proper rest wasn't just important — it was magical.

The End



Acknowledgement

This didactic material was created by Giorgia Zedda for Chatterbox Schools and College. It is available for free usage and can be downloaded from the school's official website.

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