

Teacher Notes and Activity Suggestions for *Sleep Tight, Disgusting Blob*

Sleep Tight, Disgusting Blob is the winner of the Waterstones Children's Book Prize 2026, a bedtime story for all little monsters which playfully mixes the creepy and cosy as the readers follow the bedtime routine of various grim and evil creatures getting ready to go to sleep. Here are some discussion and activity ideas to share the book with your class.

- 1) Share the book with your students, and discuss their own bedtime routines – do any of them still have milk, like Frankie? Who brushes their teeth/ fangs like Dracula? Prompt your students to discuss different habits and what makes them feel happy and settled (tag: routines, self-care, personal care (PHSE))
- 2) There are a number of creatures mentioned towards the end of the book whose routine isn't detailed – ask your students to pick one (a goblin, a glitch, a dino, a witch etc) and draw them getting ready for bed. Ask them about what their bedroom might look like, what toy they'd take to bed etc (tag: routines, self-care, personal care (PHSE); creative thinking)
- 3) Extend the above activity by asking students to create their own monster and come up with their own routine. Brainstorm as a group what this monster might look like, such as the number of limbs, what colour they are etc (tag: creative thinking, collaboration)
- 4) Ask your students to imagine what other routines the monsters in the book might need – getting ready for school in the morning (breakfast, getting dressed), or their school day (PE, playtime, lunch). Work together in groups or as a class to create an illustrated timetable for your monster (tag: creative thinking, collaboration, imaginative play; routines; empathy)
- 5) Discuss with your students other monsters or mythical creatures that feature in books and come up with ideas for how these characters might interpret routines (for example *The Gruffalo*, *Amelia Fang*, *There's a Dragon in Your Book*)? (tag: creative thinking, wider reading, comprehension, empathy)
- 6) In pairs or groups, prompt your students to create their own mini monster bedroom, using cardboard boxes and craft materials. This could include material for blankets and duvets, modelling clay for soft toys and creating bedtime stories in miniature (tag: imaginative play, collaboration)