

Once upon a time, in a far-off land, there was a little bear named Benny. Benny loved to play all day long, and he often forgot to take a nap.

One evening, Benny's mom said, "It's time for bed, Benny. You need to get some rest."

Benny didn't want to go to bed because he was having too much fun playing. But then, his mom told him a secret: "If you go to bed early, you'll wake up feeling refreshed and energized, and you'll have even more fun tomorrow!"

Benny thought about it for a moment, and he realized his mom was right. So he snuggled up in his cozy bed, closed his eyes, and soon drifted off to sleep.

The next morning, Benny woke up feeling amazing! He had so much energy that he played all day long, and he didn't feel tired at all.

From then on, Benny went to bed early every night, and he always woke up feeling refreshed and ready for another day of adventure. The end.