

Lullaby

A lullaby is a song that is gentle and restful. It is usually sung to help children sleep. The words of a lullaby are usually simple and repetitive. Lullabies have existed since ancient times and are sung all over the world in different languages.

Close your eyes gently
And cuddle in
Keep yourself snug¹, a
New day will begin.

Have pleasant² dreams about
Those things you love,
Sleep is an island
Waiting above.

Night is a blanket
Keeping you warm
If you close eyes you can
Come to no harm.

Dreams are like journeys
Drifting³ along,
Rest is a present
Keeping you strong.

Alan Bold



SCAN THIS IMAGE WITH AREAL
See instructions on page 6

¹snug: warm and safe ²pleasant: nice, enjoyable ³drifting: moving slowly, in no particular direction

Making connections

1. The poem is a lullaby. Which of these words would we include in a morning song? Circle them.

close	gently	cuddle	snug	pleasant	dreams
sleep	blanket	warm	journeys	rest	strong

2. Read these lines and answer the questions that follow.

Close your eyes gently

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New day will begin.

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Sleep is an island

Waiting above.



- The first stanza describes three things that we usually do when we go to bed. What are they?
 - What is sleep compared to? Why do you think the poet uses this comparison?
 - What are the things you like to dream about?
3. Why does the poet say *dreams are like journeys*?
4. What does sleep gift us with?
5. Do you like this lullaby? Give reasons for your answer.

Appreciation

Similes and metaphors

Similes and metaphors are comparisons.

A simile says one thing is *like* another. Similes use the words *like* or *as*.

Examples: Dreams are *like* journeys.

He is *as* wise *as* an owl.

A metaphor says one thing *is* another.

Examples: Sleep *is* an island.

Night *is* a blanket.

She *is* a wise owl.

Metaphors are stronger comparisons than similes. When you use a metaphor, you are saying that something *is* something else not just *like* something else!



1. Write a *M* against the sentences with metaphors and *S* against the sentences with similes.

- a. Books are treasure chests.
- b. Reading a book is like taking a journey into new lands.
- c. My pillow is as soft as a cloud.
- d. My grandmother is a mountain of strength.
- e. Our teacher is a walking encyclopaedia.
- f. He is an angel.
- g. The sun is like a pot of melting butter.
- h. The man is as old as the hills.

2. Use metaphors or similes of your own to describe the following.

- a. someone who is clever
- b. someone who is happy
- c. your best friend
- d. your school
- e. a butterfly