

Lullaby

An activity of "How to Sleep Well"

Read "How to Sleep Well" (page 18, *What's Up* January 2021). Matt Walker mentions that sleep is "similar to landing a plane" as it "takes time for your brain to gradually descend down onto the firm bedrock". Most of us appreciate a wind-down routine before we sleep. Perhaps that is why parents, grandparents or other elders often hum a lullaby when rocking babies to sleep.

1) The following are two well-known lullabies. Click on the links below to listen to them.

Rock-a-bye Baby https://youtu.be/vmEelpUUjel	Brahm's Lullaby https://youtu.be/Vr8c461vz5Q
Rock-a-bye Baby On the treetop When the wind blows The cradle will rock When the bough breaks The cradle will fall And down will come baby Cradle and all.	Lullaby and goodnight, with pink roses bedight With lilies o'er spread, is my baby's sweet head. Lay thee down now, and rest May thy slumber be blessed Lullaby and goodnight, you're your mother's delight Shining angels beside my darling abide Soft and warm is your bed, close your eyes and rest your head Sleepyhead, close your eyes, mother's right here beside you I'll protect you from harm, you will wake in my arms Guardian angels are near, so sleep on with no fear Note: This was extracted from a modern English version. The original version, composed by Johannes Brahms, was in German.

2) Of the two lullabies above, which did you prefer? Explain why, with reference to the music and lyrics.

I prefer _____ because _____ _____ _____ _____ _____ _____ _____
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3) If you had lullabies sung to you in your mother-tongue language when you were little, share one with a friend.

- 4) Compose a lullaby. Lullabies often contain soothing and sleepy imagery. For instance, the two lullabies above have “the wind blows”, and “soft and warm bed”. Use the tune of any peaceful song or come up with your own tune. Use phrases about comforting images you are familiar with.

Write your lullaby on the “Sleep in Progress” door hanger template below and decorate it with suitable sleepy drawings. Then, mount it on cardboard. Cut it out to use at home.

