



B Is for  
~~BEDTIME~~  
**BANANAS**



**BANANAS**  
A Going ~~to Bed~~  
Alphabet Book

Words by  
Carrie Tillotson



Pictures by  
Estrela Lourenço

**Educator Guide**

## ABOUT THE CREATORS



Carrie Tillotson is the author of *Counting to Bananas*, a 2022 Oregon Spirit Book Award Honor Book; the star-reviewed *B Is for Bananas*; and the forthcoming *Alpacas Here, Alpacas There*. As a child, Carrie loved to read, paint, and draw, and thought books were written by long-dead people. She later met a real-live author and realized she could be an author one day, too. After getting a master's degree in public health, Carrie worked as a biostatistician for more than 10 years. Her job involved counting lots of numbers (but not many bananas). Carrie now sculpts her interests in science and fun into playful picture books. When not reading and writing, you can find her running, playing games, and eating ice cream (though usually not all at the same time). She lives in Oregon with her family, two dogs, and two chickens. Connect with Carrie online at [carrietillotson.com](http://carrietillotson.com).



Estrela Lourenço is a Portuguese children's book author and illustrator living in Ireland since 2009. She is the illustrator of *Counting to Bananas* and *B Is for Bananas*; her debut author and illustrator book *Walkies: A Dog's Tale* (PageStreet 2024); and other titles with PageStreet, Harper Collins and Henry Holt. Her career started in the animation industry working for clients like Cartoon Network, Hasbro and Disney XD but her love for children's books and illustration drove her into the kidlit industry where she is happiest telling stories and working with other amazing creators. When not writing or illustrating, you can find her walking her dog, playing catch with her toddler or spending the silliest evenings laughing with her family.

# ABOUT THE BOOK

From the creators of *Counting to Bananas*, comes a new, hilarious bedtime ABC book about a Banana who doesn't want to go to bed. Perfect for fans of Jory John, Mo Willems, and Ryan T. Higgins!

A is for Awake . . . but B is for Bedtime.

When the narrator of this alphabet book tries to make it a bedtime book, Banana objects. Bedtime is BORING! And Banana is the star of this book, so it should really be called B Is for Bananas instead. It shouldn't be about bedtime at all.

Journey through all the letters of the alphabet in this laugh-out-loud story from Carrie Tillotson and Estrela Lourenço about a banana who is NOT ready to go to bed.

The perfect next read for those who loved the Bad Seed series and *Hey Bruce* by Ryan T. Higgins!

# ABOUT THIS GUIDE

This guide has activities for students in grades Preschool through Fifth Grade. Activities and questions can and should be modified by educators to best fit the needs of their students. Common Core Standard and NGSS connections are listed for reference and support. These are not the only standard connections, just a sampling so the breadth and depth of this book can be seen.

The guide was written and created by Kari Allen. Kari is an educator and author with over 20 years of classroom experience. Visit [kariallenwrites.com](http://kariallenwrites.com) for more information.



# REVIEWS AND PRAISE FOR

## *B Is for Bananas*

"Laughter will be the name of the game every time this book is read; it is hilarious! A little banana is supposed to be ready for bed, but getting ready is the last thing on the menu. Written as an alphabet book, the narration is often co-opted by the little banana. There are also reminders of things to do prior to sleep like taking a bath, brushing teeth, "going" and washing hands after. Children will be worn out by this. **A must-have for all picture book collections.**" --*School Library Journal*, starred review

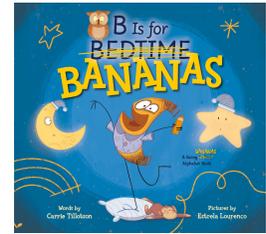
"Exuberant Banana has as much fun taking control of the alphabet as they did taking over counting. Lourenço returns with digitally created illustrations full of Banana's bonkers energy and plenty of color. Speech balloons are used throughout as Banana argues with the narrator. Banana might end up tuckered out, but little listeners will probably be supercharged with giggles. **An a-peeling alphabet adventure.**" --*Kirkus*

## ACCOLADES

- Amazon Best Children's Books of 2023 So Far
- Amazon April 2023 Editor's Pick



# DISCUSSION QUESTIONS



## *Before Reading:*

- **Look** at the cover. What do you notice? What are you wondering? What kind of book do you think this is? Is it a serious book or a funny book? Why do you think that?
- The subtitle says *A Going to Bed Alphabet Book*, but “bed” is crossed out! What does it mean to go bananas? What predictions can you make about the rest of the book?
- **Check** under the jacket. Sometimes books have a hidden cover under the jacket. This part of the book is called the case cover. What do you notice? What is the case cover setting up for the rest of the book?
- The story starts before we get to the first page with the illustrations. **Look** at the first page, the endpapers and the copyright, dedication and title pages. What do you notice? What predictions do you have based on these illustrations?

## *While Reading:*

- Discuss how you like to get ready for bed. How do you wind down for bedtime?
- When you don’t want to go to bed, why don’t you want to fall asleep?
- How does Banana’s art start changing the story?
- If you could have a magical crayon, what would you draw?
- How does the mood of the book switch at the end?

## *After Reading*

- Were your predictions correct? How did the book challenge your predictions?
- Discuss narrators! Who do you think is telling this story? What evidence do you have?
- Talk about the ending. How did it make you feel? How did Banana feel at the end?



# LANGUAGE ARTS ACTIVITIES

## COMPARISON ACTIVITIES

- Gather a set of other bedtime books. What do you notice about the books? How are they the same? How are they different? Repeat this process with alphabet books. Is there something every book has? What makes something an alphabet book? What makes something a bedtime book? How does *B is for Bananas* challenge the more typical structure of both these book categories?

List of Possible Bedtime Books:

*Goodnight Moon* (Margaret Wise Brown and Clement Hurd)

*The Going to Bed Book* (Sandra Boynton)

*Goodnight, Goodnight Construction Site* (Sherri Duskey Rinker and Tom Lichtenheld)

*The Napping House* (Don and Audrey Wood)

*Llama Llama Red Pajama* (Anna Dewdney)

- Look at *Harold and the Purple Crayon*. How are these two books similar? How are they different?
- Check out the other Banana book in the series, *Counting to Bananas!* How did the author and the illustrator keep the books consistent? How did they expand upon Banana's personality?

## WRITING ACTIVITIES

- Pick a theme and make your own alphabet book or make a class alphabet book. Do you want it to be a more traditional alphabet book or have a twist like *B is for Bananas*?
- Rewrite *B is for Bananas*. What other words could you pick for each letter of this bedtime book?
- What else could B be for? Use the [B Is For... Printable](#) to brainstorm other words!
- What is your bedtime routine? Using the [How Do I Get Ready for Bed Printable](#), talk about the steps you take to get ready for bed.
- Banana realizes they don't like scary stories in the book. What kind of stories do you like? Use the [Books I Like Printable](#) to reflect on what kinds of stories you like!
- Banana has a special stuffed animal in the book. Write/draw about one of your special toys. (See [My Favorite Toy Printable](#).)



## **OTHER ACTIVITIES:**

- Take off the book jacket and look at the case cover art. Make your own version, using the first letter of your name and your own interpretation of Banana!
- This book has a lot of fun words in it! Take a look at this list: incisors, keister, martian, velvet, zonked. Try clapping the syllables of these words. What do the words mean? Why do you think authors put interesting words into their books? For example, why didn't the author just say teeth but chose incisors instead?
- Design a pair of pajamas for Banana. (See [Design Your Own Pajamas Printable](#) or draw your own!)
- Banana doesn't want to hear a lullaby. Listen to different kinds and styles of music. Write or draw while listening. How do different kinds of music affect your energy and mood? (See [Lullaby Printable](#))
- Go on an alphabet walk. Try to collect something and find something for every letter of the alphabet. How will you find something for the letter X? Most of the time X is in the middle or end of a word! (See [Alphabet Walk Printable](#))
  - Extension: Take a photo of each thing!

## **COMMON CORE LITERACY (READING/WRITING/DISCUSSION)**

### **CONNECTIONS:**

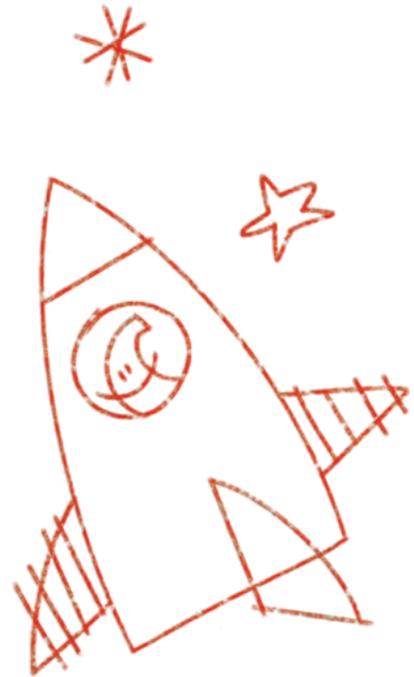
\*Note because the standards build from previous grade levels, here is a sampling to see the possibilities for this book. Standard connections are not limited to these.

- K.RL.1 With prompting and support, ask and answer questions about key details in a text.
- K.RL.7 With prompting and support, describe the relationship between illustrations and the story in which they appear (e.g., what moment in a story an illustration depicts).
- K.RL.9 With prompting and support, compare and contrast the adventures and experience of characters in familiar stories.
- K.RI.5 Identify the front cover, back cover, and title page of a book.
- 1.RL.9 Compare and contrast the adventures and experiences of characters in stories.
- 2.W.3 Write narratives in which they recount a well-elaborated event or short sequence of events, include details to describe actions, thoughts, and feelings, use temporal words to signal event order, and provide a sense of closure.



# SCIENCE ACTIVITIES

- Why do you think people and animals sleep? What do you notice when you get enough sleep or when you don't sleep well? Learn about why our bodies need sleep. Check out this resource about sleep: <https://www.scholastic.com/pathways/sleep/index.html>
- How do animals sleep? Research and write about how and where animals sleep.
  - Extension: Compare two different kinds of animals, for example how do sharks sleep versus an owl? (Use the [Compare How Animals Sleep Printable](#).)



## NGSS STANDARD CONNECTIONS:

- K-LS1-1 From Molecules to Organisms: Structures and Processes  
Use observations to describe patterns of what plants and animals (including humans) need to survive.

# MATH ACTIVITIES

- There are 26 letters in the English alphabet. How many ways can you make 26 using addition, subtraction or multiplication?
- Count to Bananas! Do you know the saying that tells people to count sheep when they have trouble sleeping? Instead of sheep, count bananas! How high can you count?
- Start counting out loud from the number one, every time you hit a number you would reach when you skip count by 10s, say BANANA instead! For example, 1,2,3,4,5,6,7,8,9, BANANA, 11, 12, 13, 14...



## COMMON CORE MATH STANDARDS:

- K.CC.1 Count to 100 by ones and by tens.
- K.CC.2 Count forward beginning from a given number within the known sequence (instead of having to begin at 1).
- K.CC.3 Write numbers from 0 to 20. Represent a number of objects with a written numeral 0-20 (with 0 representing a count of no objects).

# SOCIAL AND EMOTIONAL LEARNING

## DISCUSS:

- Throughout the course of the book, Banana dresses up in different costumes and as different things. Why do you think Banana does this? Do you like to dress-up? How do you feel when you dress-up? What is your favorite thing to pretend to be?
  - Extension: Design a costume for Banana. Make a prop that you think Banana would like to play with. For example, maybe you can make a magic wand for Banana or maybe Banana wants to be a scientist and needs a beaker!
- Banana doesn't want to go to bed. When do we sometimes have to do things we don't want to do?
- At bedtime, we calm ourselves down so we can rest. Why is rest important? How do you get your mind ready for rest?
- If you are having trouble falling asleep, what do you do to help yourself?
- When you are tired, what do you need?



Name:

Blank line for writing a name.

**B is for...**

Brainstorm words that start with B.



Name:



# How Do I Get Ready for Bed?

**First:**

**Second:**

**Third:**

**Fourth:**

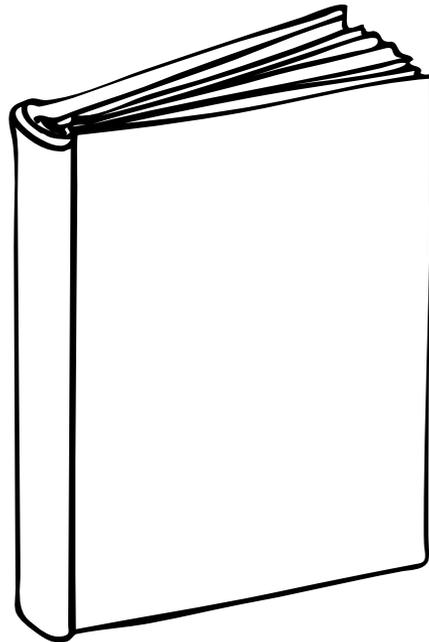
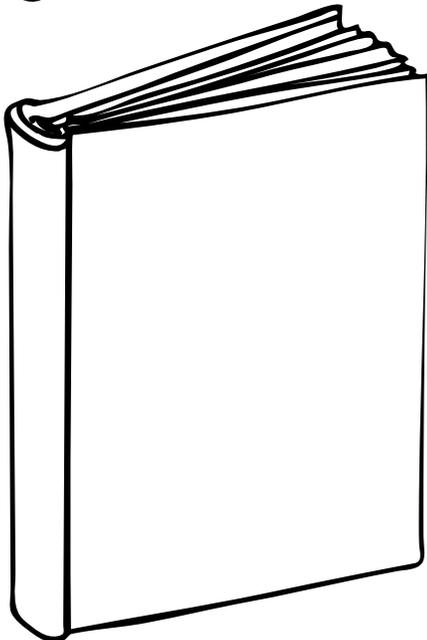
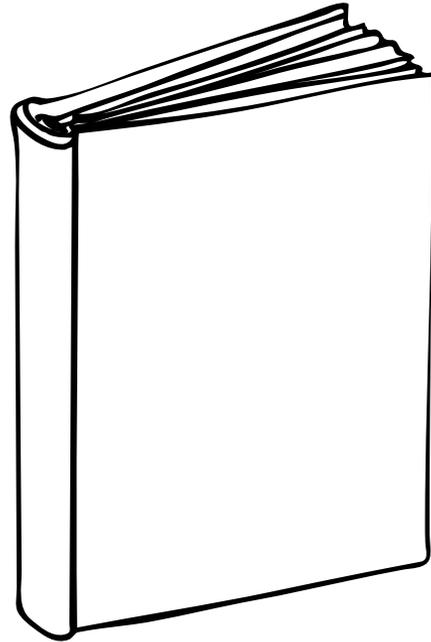
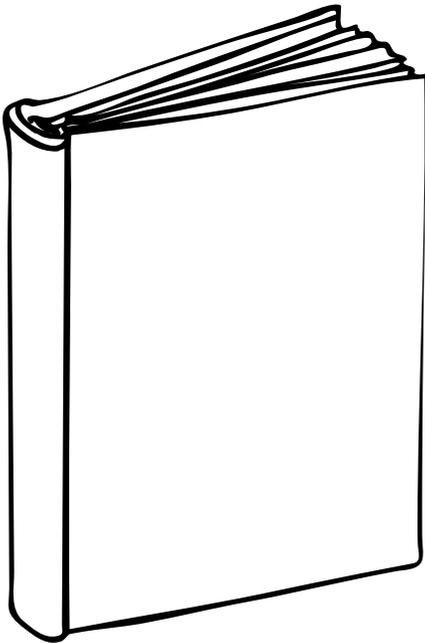
**Last:**

Name:

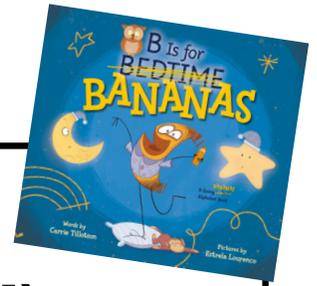


## Books I Like

Write a word that describes the kind of books you like or draw a picture.

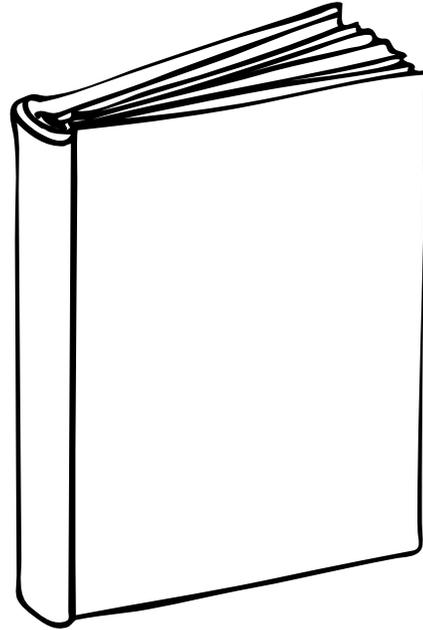


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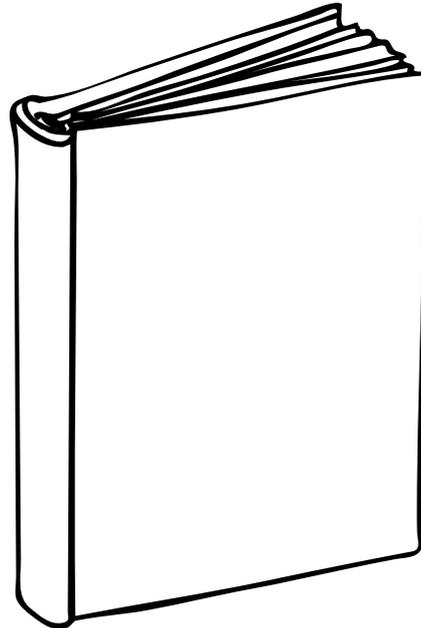


## Books I Like (continued)

When I want to feel **happy**, I read...



When I want to be **calm**, I read...

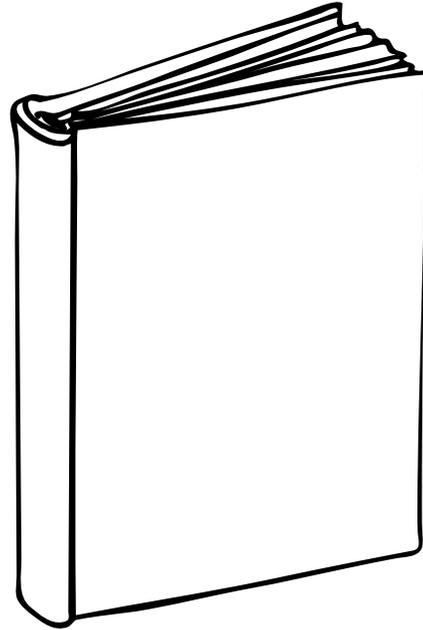


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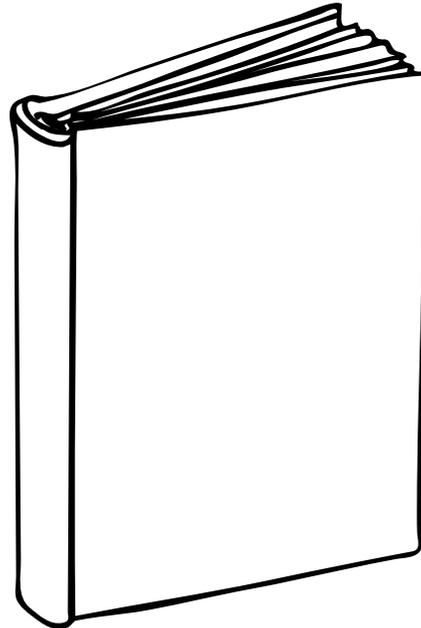


## Books I Like (continued)

When I get ready for bed, I read...



My favorite book is...



Name:

## My Favorite Toy



My favorite toy is....

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because...

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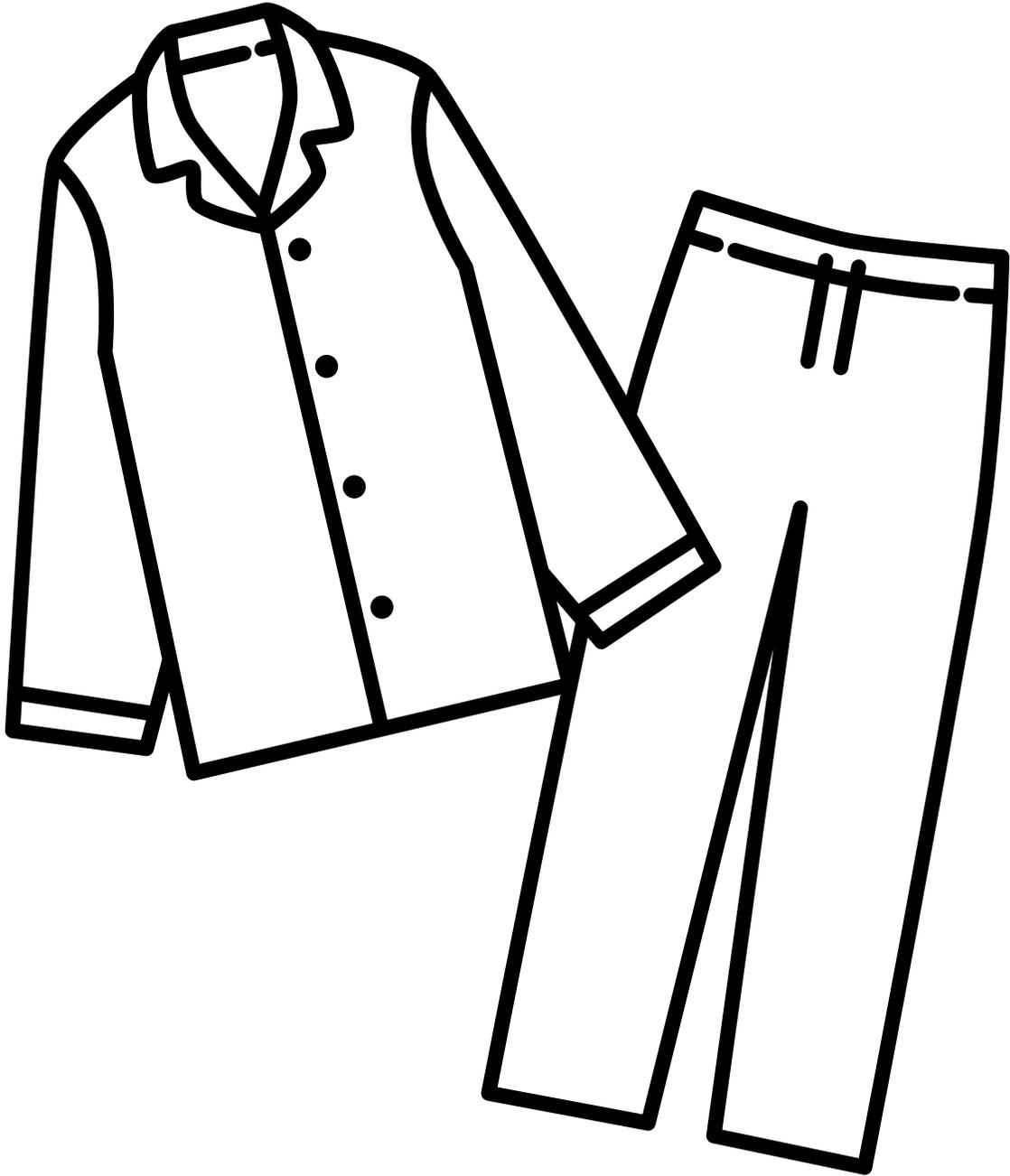
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Name:



## Design Your Own Pajamas



Name:

# Lullaby Listening

Listen to four different pieces of music.  
Document how each one makes you feel.



Name:

# Alphabet Walk

Try to write or draw something you find  
for every letter of the alphabet.

**A B C D E F G**

**H I J K L M N**

**O P Q R S T**

**U V W X Y Z**



Name:



## Compare How Animals Sleep

Think of two different animals, for example an owl and a shark. Compare and contrast how the two kinds of animals sleep. What's the same? What's different?