

Little Francis Falls Asleep - Reading Guide

Author/ Illustrator: Pip Craighead

Themes: peace, rest from worries, trusting God, appreciating nature

Lesson/Notes: This creative story follows a child's search for rest ultimately resulting in trusting God through mindful contemplation of a starry sky. The author was inspired by Psalm 19:1 and Isaiah 40:26. Be aware the character Francis leaves the house at night when he cannot sleep; always consider your child's understanding of real vs. pretend and safety when choosing a book.

Spending time in nature and seeing the beauty of God's creation can help us find peace and rest.

Discussion Questions

- *What was Francis looking for? (rest)*
- *Francis was partly struggling to rest because he felt worried. What do you worry about?*
- *Did anyone try to help Francis? (Yes - tree, bird, moon)*
- *It was kind of them to try to help, but their ideas did not work for Francis. What helped Francis rest? (looking at stars, realizing God is in control gave him peace)*

Activity: Starry Sky Art

- Supplies: black paper, white crayon or silver sharpie, optional: star stickers, white paint
- Child can help you choose a phrase to write on the paper such as
 - God is taking care of you.
 - God loves you.
 - I can trust God.
 - God who made the starry sky made and loves you.
 - God holds the world together, and He loves you.
 - The sky tells of God's glory.
 - God is watching out for you.
- Guide child to draw or paint stars on the black paper as a picture of the starry night sky to remind him/her God cares.
- Bonus: Listen to worship songs about trusting God while drawing. Suggestions:
 - [Galactic Starveyors](#) by LifeWay Kids
 - [Indescribable](#) by Chris Tomlin
 - [Psalm 27](#) by Jonathan Ogden
 - [More](#) by Matthew West
- Encourage child to hang their art in a place to see it often and remember, "I can trust God. God cares about me."