Math Picture Book Guide

10 Minutes Till Bedtime by Peggy Rathmann

About the Story

10 Minutes Till Bedtime is a counting book about a boy who has 10 minutes to get ready for bed. A team of hamsters arrive to help the boy put away his toys, put on his pajamas, brush his teeth, and read a bedtime story. The story and art are hilarious, so that your child will enjoy learning to count backwards.

About the Math

The story begins at 10 minutes and counts backwards to bedtime. When reading this counting book, your child can learn:

- We can count both forwards (1, 2, 3, 4, 5, 6, 7, 8, 9, 10) and backwards (10, 9, 8, 7, 6, 5, 4, 3, 2, 1).
- How to read the numerals: we read 1 as “one,” 2 as “two,” 3 as “three,” etc.
- How long a minute lasts and how many minutes it takes to get ready for bed.

Math Talk During Reading

Practice counting backwards and guessing what number comes next

So far, 10, 9, 8, 7 minutes passed. What number do you think we will see next?

Talk about time

What can you do in one minute?

Connect the story to your child’s bedtime routines

How do you get ready for bed? Is that the same or different than the boy?

After reading the story, practice counting backwards from different numbers

Let’s count backwards starting from 8…

Now try to count backwards from 13…

Try to come up with some of your own questions and comments too!

Activity After Reading

After reading the story, time how long different activities last

Let’s time how many minutes it takes you to get ready for bed, or how long it takes you to eat breakfast.

Words to Learn

Number words and symbols

ten, nine, eight, seven, six, five, four, three, two, one; 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Other words

minutes, aboard.

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