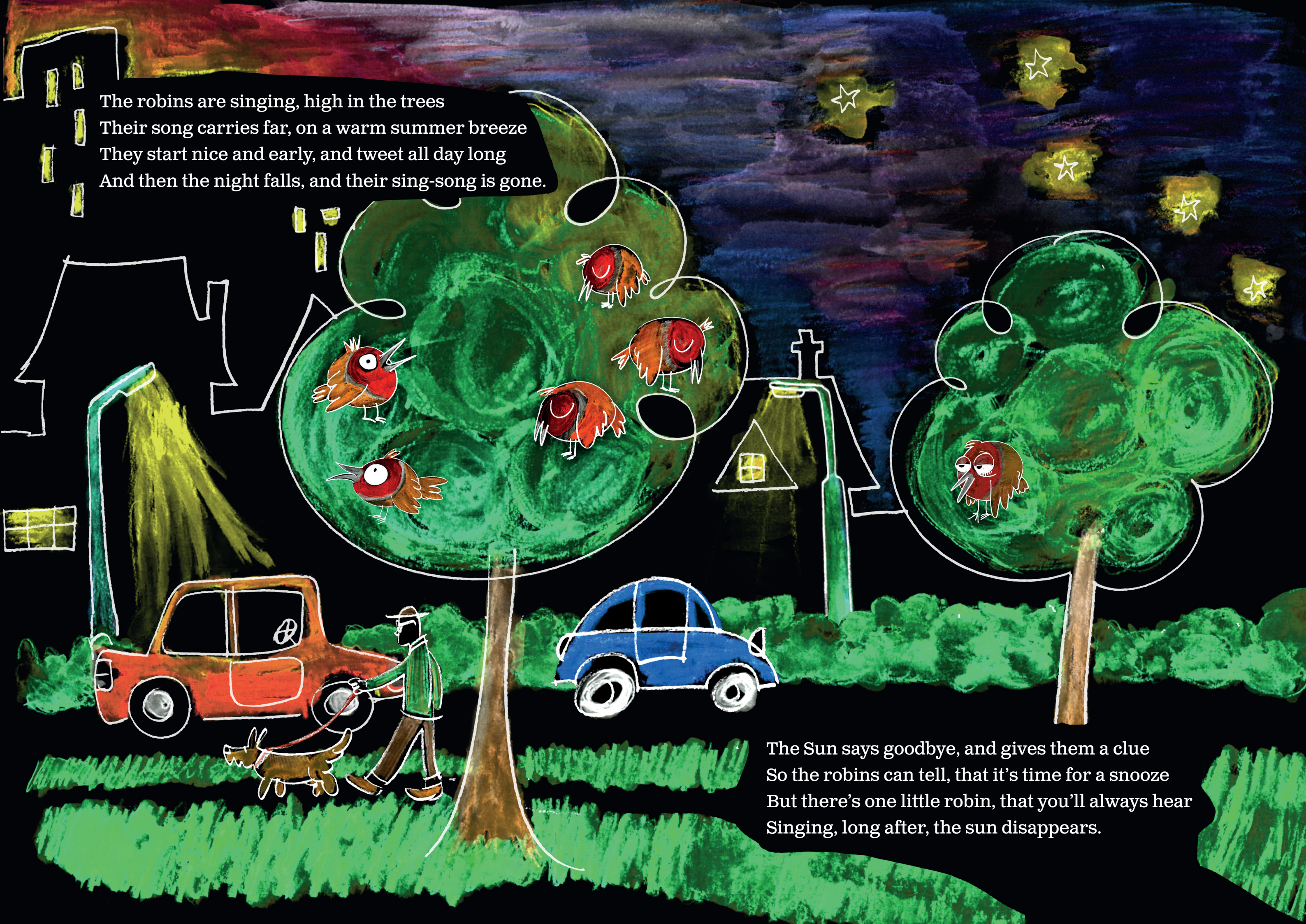


## How to use this book:

This book can be enjoyed simply for the story, or can be used in conjunction with 1st level lesson plans written by Glasgow Science Centre and freely available online as part of the RAISE project funded by EU Erasmus+. The aim of the story and the lessons is to combat stereotypes found within the sciences and to introduce children to what stereotypes are.







The robins are singing, high in the trees  
Their song carries far, on a warm summer breeze  
They start nice and early, and tweet all day long  
And then the night falls, and their sing-song is gone.

The Sun says goodbye, and gives them a clue  
So the robins can tell, that it's time for a snooze  
But there's one little robin, that you'll always hear  
Singing, long after, the sun disappears.



Along came a scientist, "My name's Robyn too  
And I work with birds, ones just like you!  
What's wrong little Robin?", the scientist enquired  
"It's awfully late, and you look awfully tired."



"I am", sighed the Robin, "I'm too tired think  
But I haven't been sleeping, not even a wink  
My wings feel all heavy, too sleepy to flap  
But I'm always awake, I just want a nap!"



*"Don't worry!" said Robyn,  
"I've got some good news!  
We can use:*

**SCIENCE**

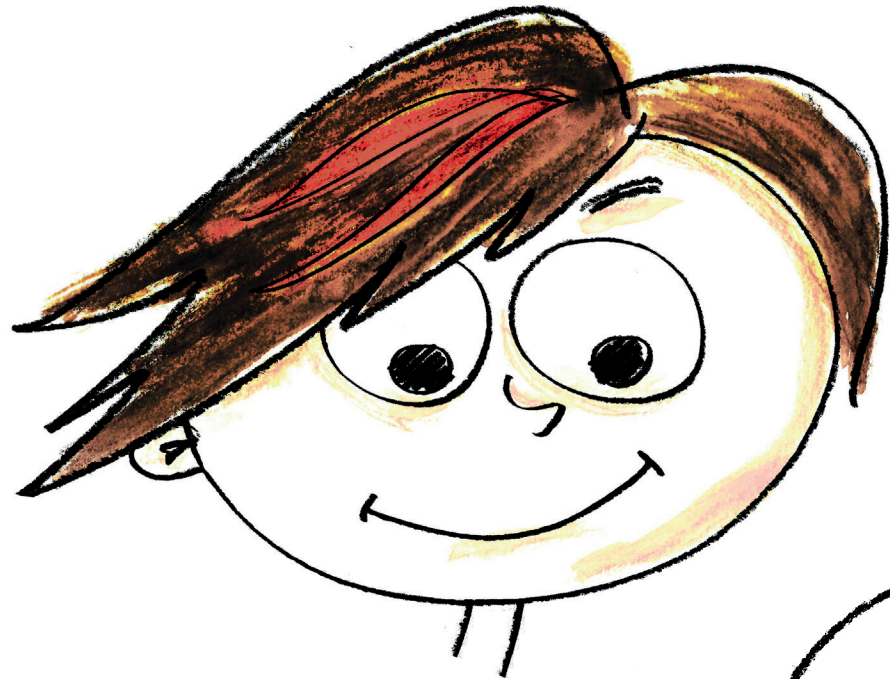
*to help you to snooze."*



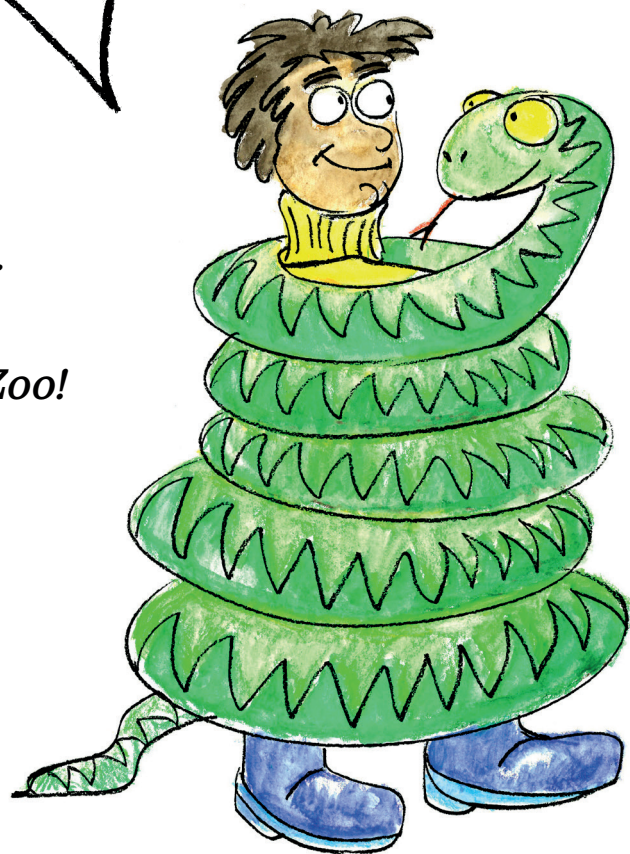
*"But you're not a scientist!" The robin remarked  
"They all work in labs, not out here, in the park!  
They wear big white coats and mix things which bubble.  
But that's not much help, with my snuggling struggle!"*



*"Not quite", said Robyn,*



*"Some scientists do.  
Some work in labs  
Some work in the Zoo!"*



*Some scientists learn about tiny wee creatures  
Using a microscope to study their features.*



*Some like to think,  
How did the world start  
Or want to find out,  
Which animals fart?"*



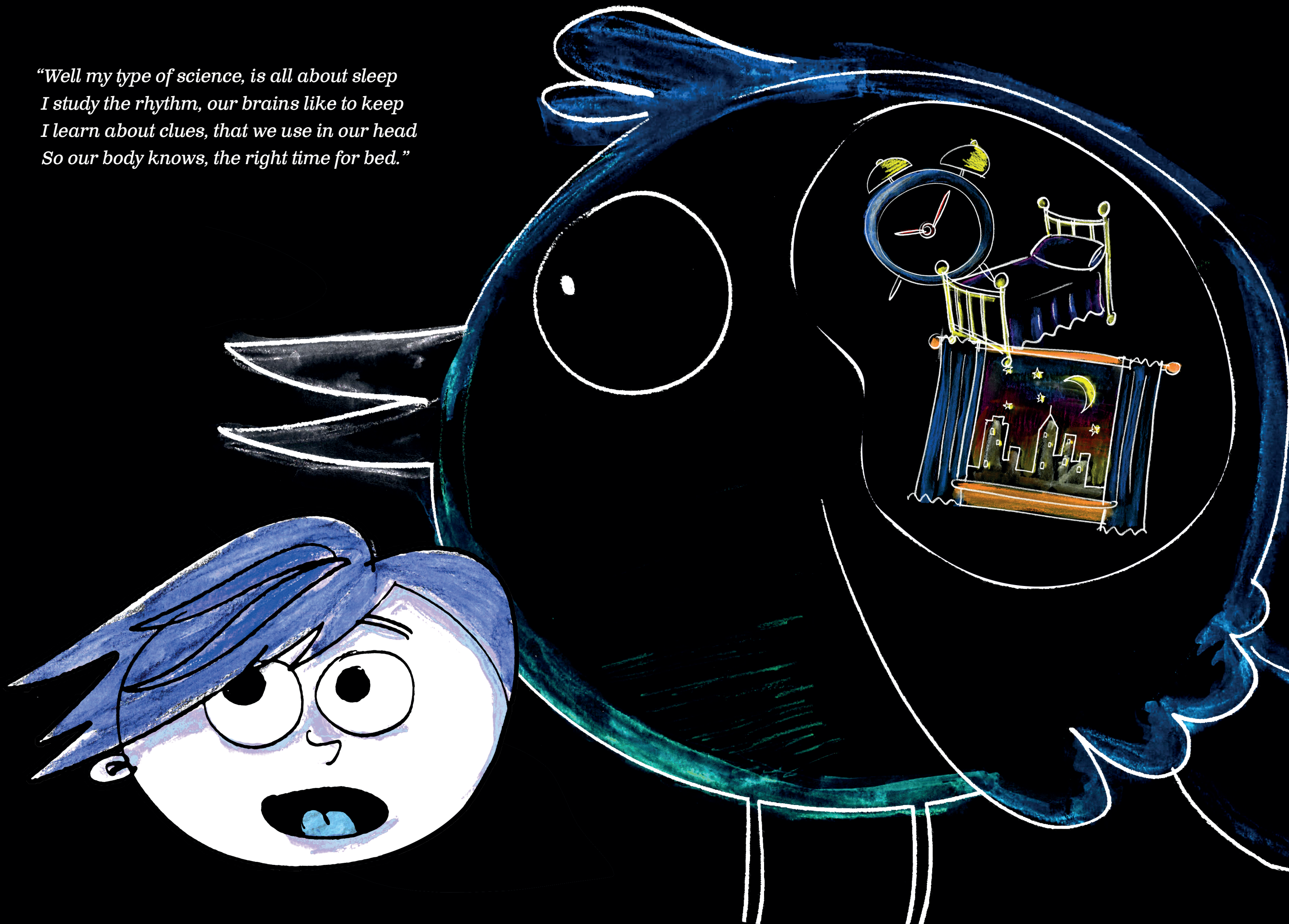


*“But how can that help me?”  
The robin did cheep,  
“My problem’s not farting  
It’s trying to sleep!”*



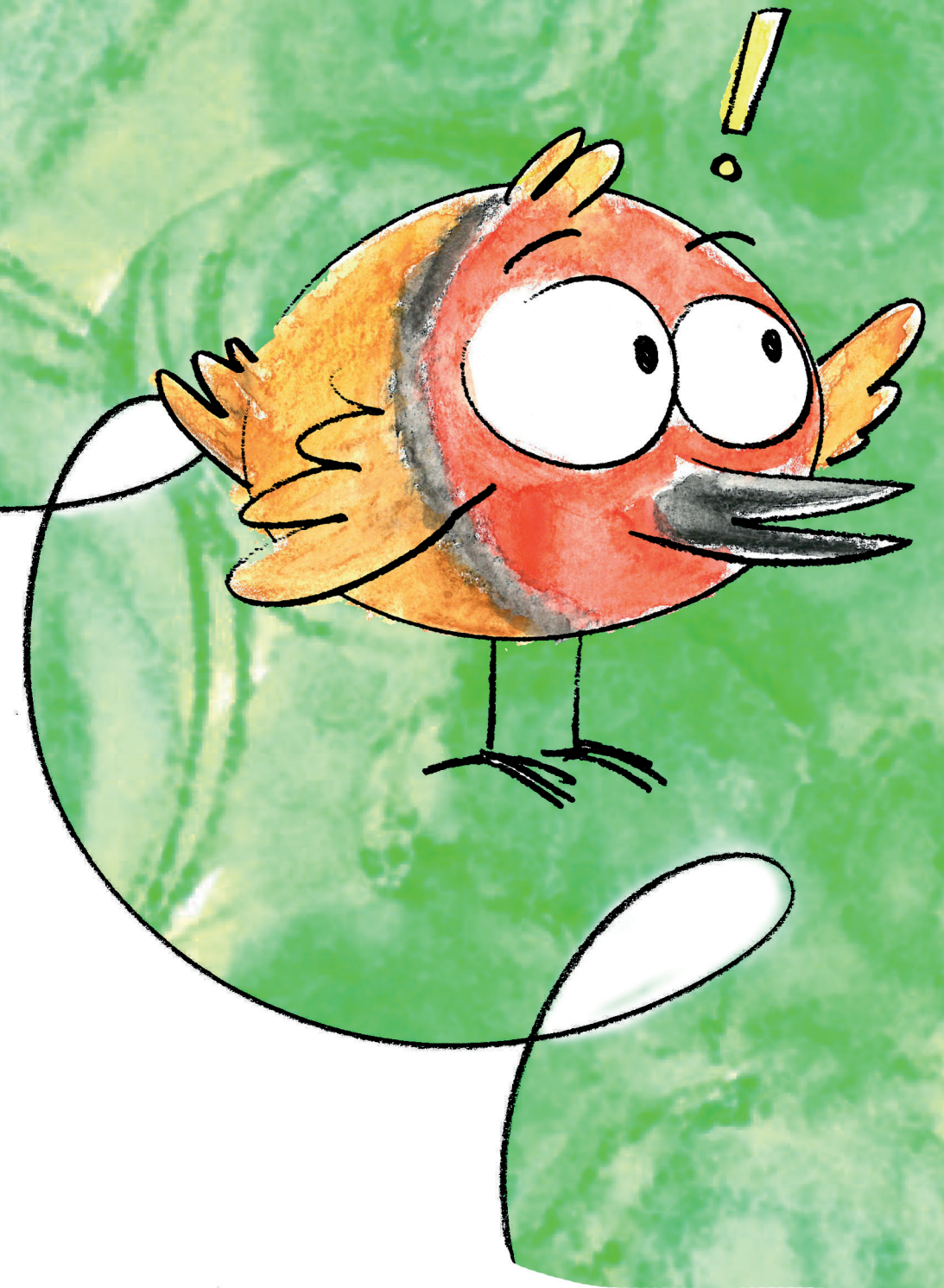


*"Well my type of science, is all about sleep  
I study the rhythm, our brains like to keep  
I learn about clues, that we use in our head  
So our body knows, the right time for bed."*





*"The lights in the city, stay on through the night  
Which means you're confused, as it's far, far too bright  
These lights are the cause, of the sleep that you're losing  
They're tricking your brain, and stopping you snoozing."*



*"So, you need to find, a new place to stay  
Where at night it gets dark, in a natural way  
Away from this town, and all its bright light  
Somewhere night-time means night-time,  
with no lights in sight."*



*"Ok, I'll try," said the robin with glee  
"I'll fly to the woods, and find a dark tree."*



*I'll go out of reach, of all these bright lights  
And finally get, a well-rested night."*



So Robyn waved to the robin  
And they said their goodbyes.  
Happy and smiling  
As the robin flew high.





And sure enough the robin  
Was soon counting sheep



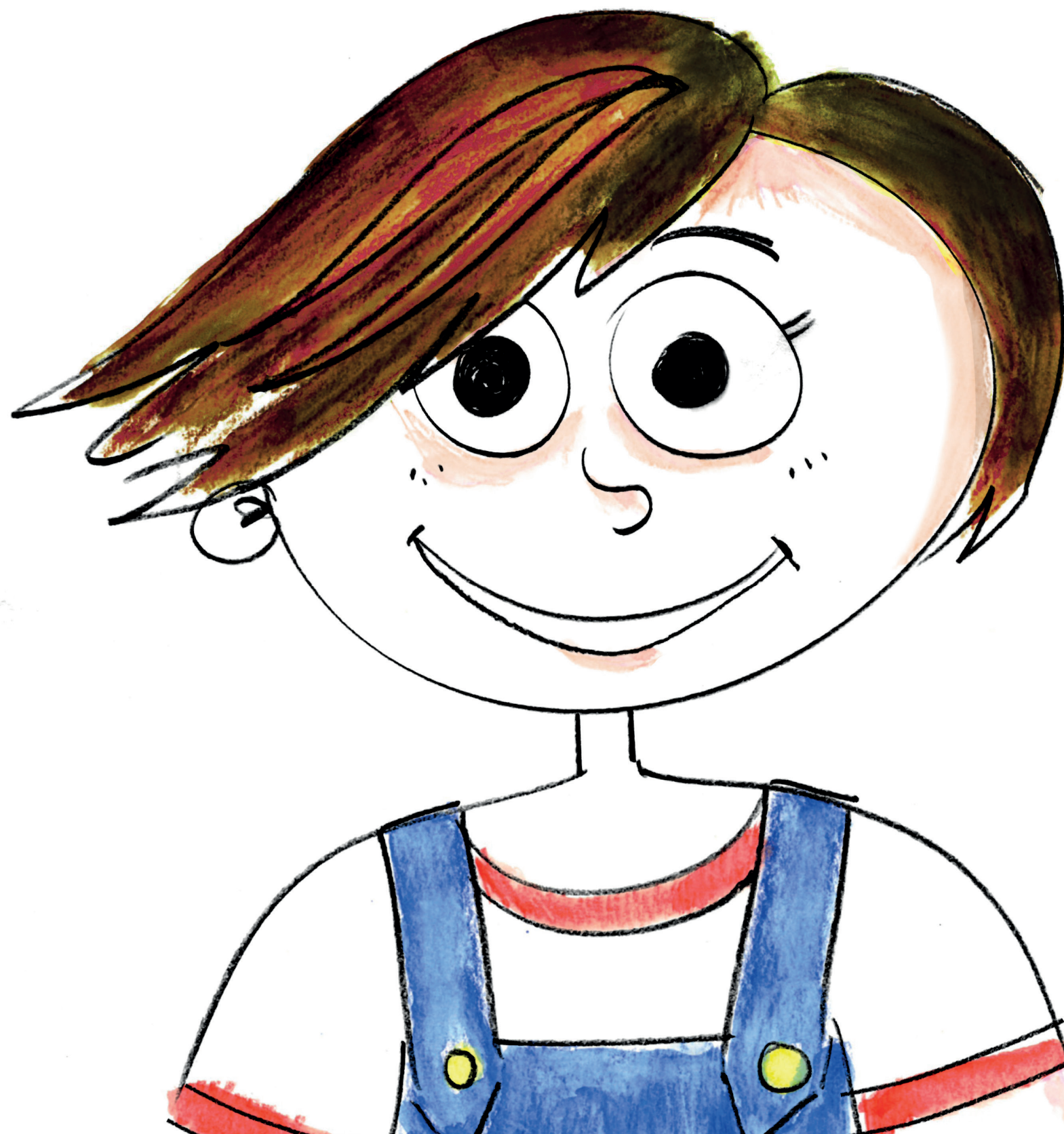
Cosied up in the dark  
Falling fast asleep.



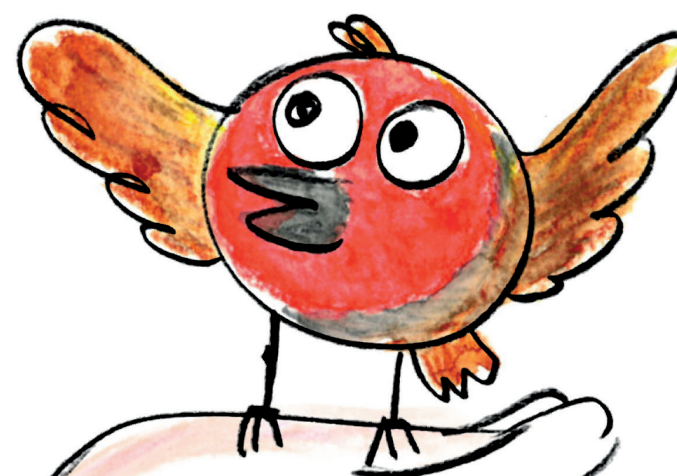
It's all thanks to

SCIENCE

this problem was solved.



Could you be a scientist?  
Come on, get involved!







## Robyn Womack

Robyn is a PhD student at the University of Glasgow who studies the biological rhythms of wild birds in Scotland. Growing up on the Isle of Wight; Robyn loved dinosaurs, birds and wildlife in general, which led her to study Zoology at university. She is very passionate about science engagement and is very excited to be involved in this book.



This story was a team effort, written by:

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