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!"
“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?”

“Not quite”, said Robyn,
“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:

Sam Langford, Jennifer Banks, Neil McBeth and Julia Curmi

With illustrations by Graham Rose and Graphic design, colour & layout by Steven Hill