



TEAM GB

Dreams

OFFICIAL SLEEP PARTNER

Laura Kenny's Olympic Dreams

Written by
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Illustrated by
Bali Engel





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I loved telling my story and hope
you enjoy reading it.

Sleep Well,

Laura Kenny

Laura Kenny

When I was born, I was incredibly small,
But I started to grow and I learned how to crawl.
"Sport's what she needs" doctors told my Mum,
"She'll be fine and she'll be strong - everything will come".

But Mum wasn't worried, she didn't feel fright,
Because my Mum you must know, had seen me by night.
She'd seen me sleep soundly and heard my cry roar,
She'd seen me dream softly and she knew there was more.

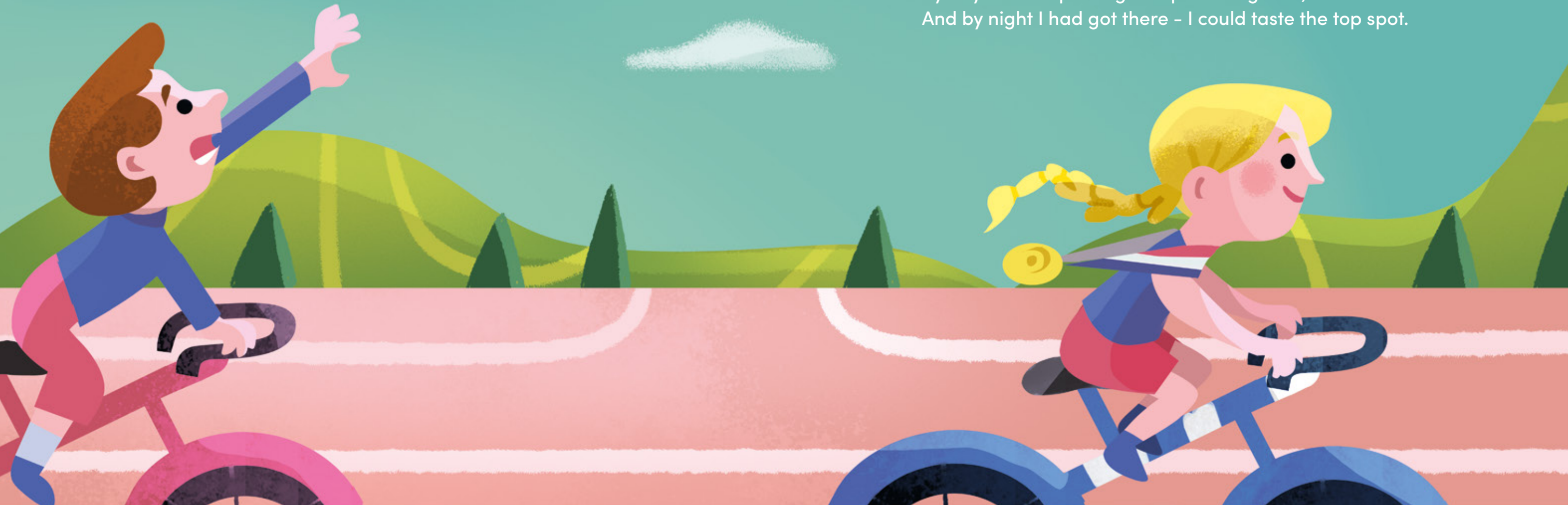
Because by night as I grew older, my dreams they grew too,
By night I could do anything and my obstacles were few.
At first I would dream of just small, simple things,
But as I grew bigger, those dreams they grew wings.



By day I was on my bike, just learning to ride,
By night I could do it, I'd had a taste of the pride.
By day I would wobble, I would fall to the ground,
But by night I was soaring and my talent I'd found.

By night I was flying, I was going full force,
I could ride faster than rockets and I was never off course.
I could ride through the stars and be home for dinner,
By night I was there, already a winner.

By day I grew stronger and I was finding my groove,
By night I was fierce and I had nothing to prove.
By day I was improving and practising a lot,
And by night I had got there - I could taste the top spot.



Eventually by day those dreams overlapped,
I joined competitions and I heard the crowds clap.
By day I was cycling, making my name,
And by night I slept soundly, as the girl in my dreams did the same.

By day I was racing, I was out on the track,
I kept my head down and I didn't look back.
The medals appeared and I took them with grace,
Always keeping moving towards the next race.

By night my dreams grew, I was scheming ahead,
I was making big plans, all from tucked up in bed.
I dreamt of the Olympics, the biggest of Games,
By night I was confident I'd found my next aim.




By day I was peddling, I was working non-stop,
I knew I needed practise to push to the top.
I cycled solo and as part of a team,
And slowly I started to believe in my dream.

Then by day that time came, the London Olympics were here,
I was part of Team GB and I had a wobble of fear.
But I did it. I won medals and made a country proud,
And the little girl from my dreams was cheering so loud.

On through the days, I continued to ride,
And people knew my name now, from far and from wide.
The girl in my dreams was happy, she wore her medals with glee,
And by day I couldn't believe that that same girl was me.

Go Laura!



A stylized illustration of a crowd of people in various shades of blue and purple, with their arms raised in celebration. Small, colorful geometric shapes like triangles and squares are scattered throughout, representing confetti.

Daytime brought more challenges, more championships too,
And every time I'd win a race the feeling still felt new.
All the dedication, effort, hard work and time,
Every moment worth it as onto the podium I would climb.

Then my nights and my days crossed over again,
And The Olympic Games in Rio were calling my name.
More medals and more successes were mine to take hold,
And I did it again, bringing home gold.



As I grew older life took a turn,
I opened a new chapter and found new skills to learn.
A little boy had arrived and he was mine to keep,
And for now by night - I just needed to sleep.

But the little girl in my dreams, she waited for me,
We had more to do and she was itching to see.
The Tokyo Olympics are the next step on our plan,
And I'll work so hard and do the best that I can.

My dreams have become reality in all that I do,
And you could do the same, if you ever wanted to.
When you close your eyes by night, your dreams are there to see,
And with hard work they can come true...
Just like me!



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Since she was a young girl, Laura Kenny dreamt of being a Team GB cyclist. She'd spent her days practising on her bike and her nights dreaming of gold medals.

Follow her exciting adventure as Laura proves to the world and to herself, that with enough hard work, sleep, and belief, dreams really can come true.

