





ACTIVITY 1: MY SLEEP FACTFILE

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| QUESTION | ANSWER |
| **How much sleep do children need each night?** |  |
| **Find 3 things to start doing that help someone get good sleep:** |  |
| **Find 3 things to stop doing that would help someone sleep:** |  |
| **Why is it important to get good sleep?** |  |
| **\*CHALLENGE question: Why is it more important to get sleep during puberty?** |  |

ACTIVITY 2: SLEEP BUSTER SOLUTIONS

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| It is difficult to go to sleep when… | A solution to this might be…. |
| Someone has been watching TV, or playing games online before bed |  |
| Someone is nervous or worried about something, e.g. a test at school |  |
| Someone drinks a sugary drink, such as orange juice or hot chocolate, before bed |  |
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| Individual steps I would need to take to carry out the sleep solution …… | |
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