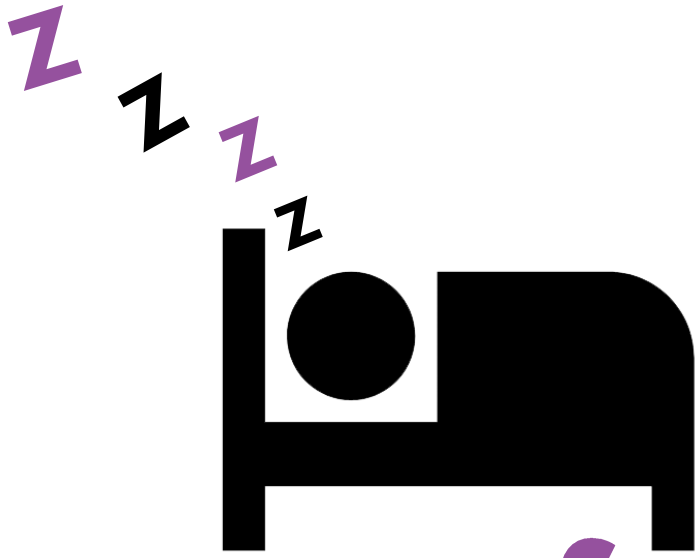

Taking care of myself:
getting a good night's sleep
Part 1

Play this slideshow from beginning

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We are learning about the importance of good sleep

We will be able to:

- explain why sleep is important for a healthy lifestyle
- describe bedtime routines that help improve sleep
- identify how our sleep patterns and needs might change as we grow up

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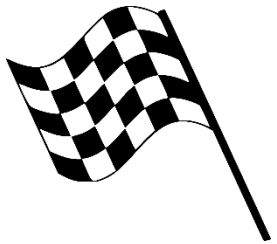
Sleep: What's our starting point?



Draw a person getting ready for a good night's sleep — what might they be doing, thinking, feeling?

Can you draw and write about:

- How this person will feel when they wake up?
- Anything that is helping them to sleep well?
- Anything that might make it hard for them to sleep well?

Once you've finished your picture, put it to one side — you will come back to this later!

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Activity 1: Why is sleep important?

Go on a fact hunt…

Look at the information on the posters in your worksheet pack (pages 1-4).

Use these posters to help you to answer the questions on the worksheet (My Sleep Factfile – page 5)

Could you now tell someone at home the 3 facts you think are most important?

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Activity 1: Answers

Once you have completed your table, click on each box to reveal a possible answer…

QUESTION	POSSIBLE ANSWERS
How much sleep do children need each night?	Children between the ages of 6 and 12 usually need around 10-11 hours of sleep a night and should usually go to bed before 9pm.
Find 3 things to start doing that help someone get good sleep:	Relaxing, calming activities before bed, such as reading, meditating, etc. Exercising outside during the day, keeping to the same routine, tidy their bedroom.
Find 3 things to stop doing that would help someone sleep:	Running around before bed (or rough play). Using electronics, game consoles, including phones, tablets, TV and computer (ideally these should not be in the bedroom at all). Drinking fizzy drinks or 'energy drinks' (which may keep us awake and make it difficult to fall asleep when we want to), eating sugary foods (which may make us feel hungry or thirsty not long after eating them).
Why is it important to get good sleep?	It helps us to feel awake the next day and ready for school. We can find it easier to learn, have ideas for our school work, remember things we need to do (homework!), catch less colds and coughs, heal more quickly from injuries, perform well in tests and at sporting activities and feel well and happy.

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