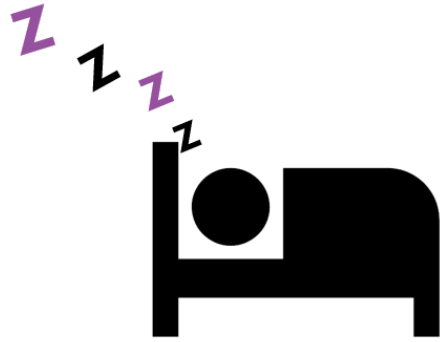


## Time for Us



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

## Sleep: What's our starting point?

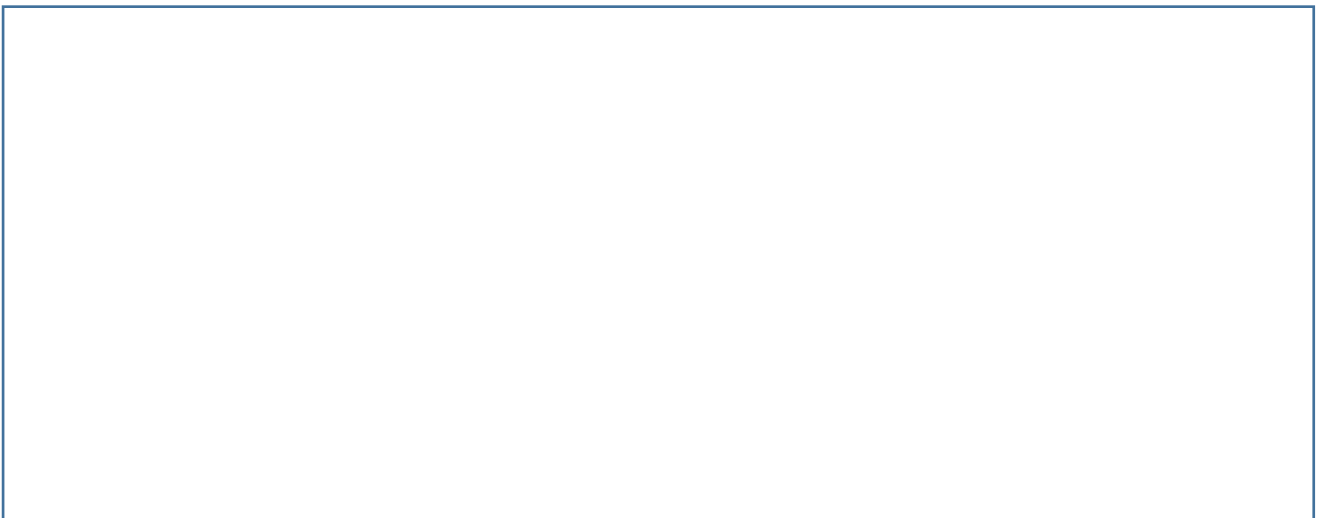


Draw a person getting ready for a good night's sleep — what might they be doing, thinking, feeling?

### 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!



# Activity 1: Why is sleep important?

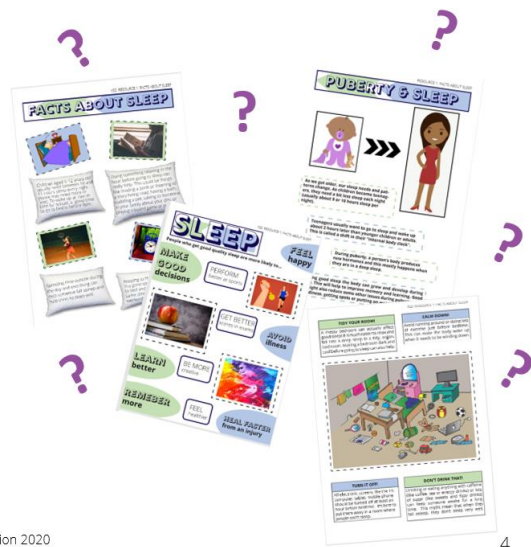
## Go on a fact hunt...

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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| 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:                    |        |
| What happens during sleep when someone starts puberty?                        |        |
| Why is it important to get good sleep?  |        |
| *CHALLENGE question:<br>Why is it more important to get sleep during puberty? |        |

| 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 |                                 |
|  |                                 |
|  |                                 |
|  |                                 |
| Individual steps I would need to take to carry out the sleep solution .....      |                                 |
| <input type="text"/>   |                                 |
| <input type="text"/>   |                                 |
| <input type="text"/>   |                                 |
| <input type="text"/>   |                                 |