

Read through the support document named PSHE Sleep support and work through answering the questions and tasks as you go along.

1. Draw and write about:

All of the things that you know about sleep

The things someone can do to help them fall asleep

The things that may stop someone from falling asleep



2. Now you have read Mia's story, have a go at answering these questions:

- What words does Mia's mum say that show it is time for sleep? What might other families say or do?

- Mia has lost the snuggly that helps her to fall asleep. What could this snuggly be?

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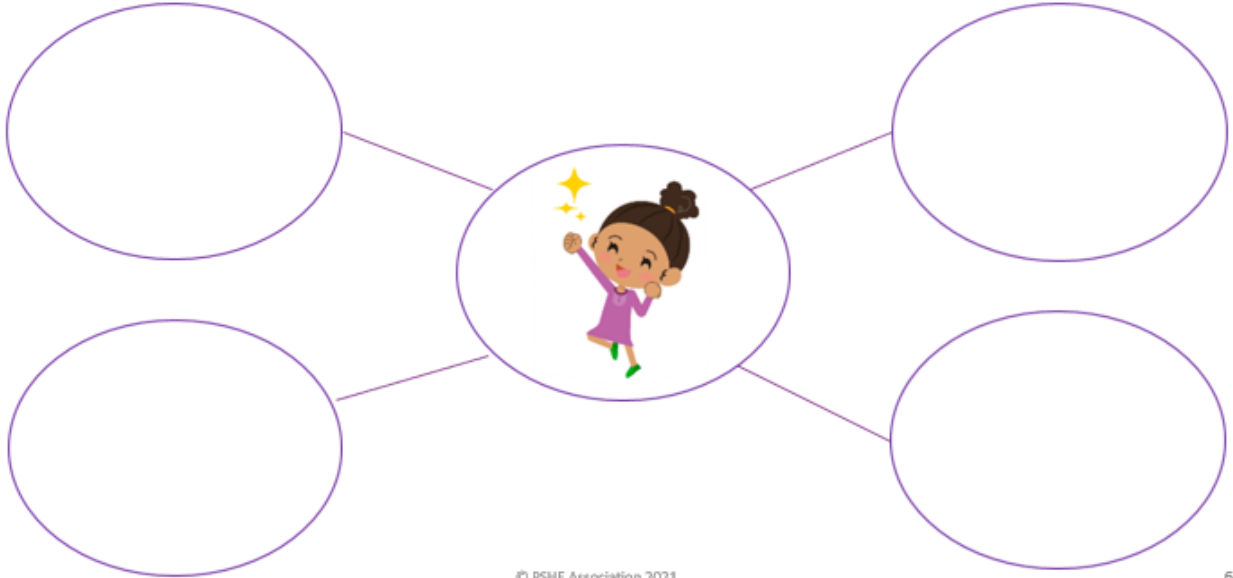
- Does everyone have a snuggly?

3.

What keeps Mia awake?

Use a piece of paper and draw a spider-gram of all the things in the story that keep Mia awake.

Is there anything else that you think could keep her awake too? Add this to your spider-gram.



4.

1. Good for resting and relaxing	2. Not so good for resting and relaxing	3. Unsure

5. Which of these is a calm and relaxing bedtime routine for Mia, A or B? Circle your answer.

A B