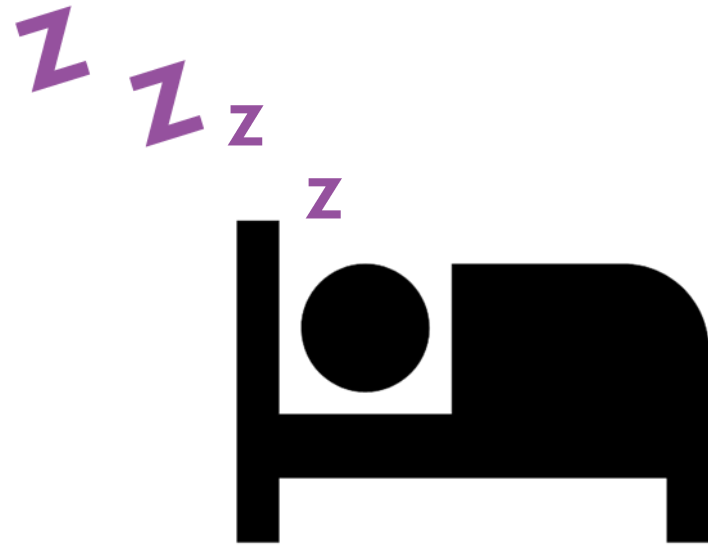




Play this slideshow from
beginning



Key stage 1 Home learning

Taking care of myself:

Ready for sleep

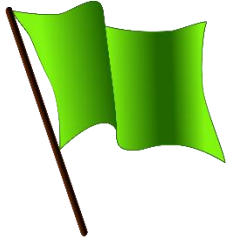


We are learning about the things that will help us to fall asleep and get a good night's sleep



We will be able to:

- ✓ describe some reasons why sleep is important
- ✓ recognise some things that may be stopping us getting to sleep, and ideas to manage them
- ✓ Identify some things that might help us get to sleep



1. Sleep: What's our starting point?

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



Once you have finished your picture and writing, put them to one side as you will come back to this later.

Read Mia's story

You could read the story
with someone at home
or school

Mia had a busy day with school work, shopping and playing at the park. After tea, she played silly games with her mum. This made them both laugh a lot. At bedtime Mia is sleepy, so she goes to bed to watch funny videos on her tablet. Mum comes in and says she must turn her tablet off. Then mum says 'Good night and sweet dreams'.

Mia cannot sleep. She has lost her best cuddly toy that helps her to fall asleep. Lots of things are keeping her awake. She can hear the grown-ups talking and the dark makes her bedroom look scary. Tomorrow she goes to her child-minder and she will miss her mum. Mia does not like to be alone in her room. Her legs feel jumpy and she has a tummy ache.

Mia gets out of bed and goes to see her mum. Mum says 'you must go back to bed and fall asleep or you will be tired and grumpy tomorrow'. Mia goes back to bed but she still can't sleep.



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

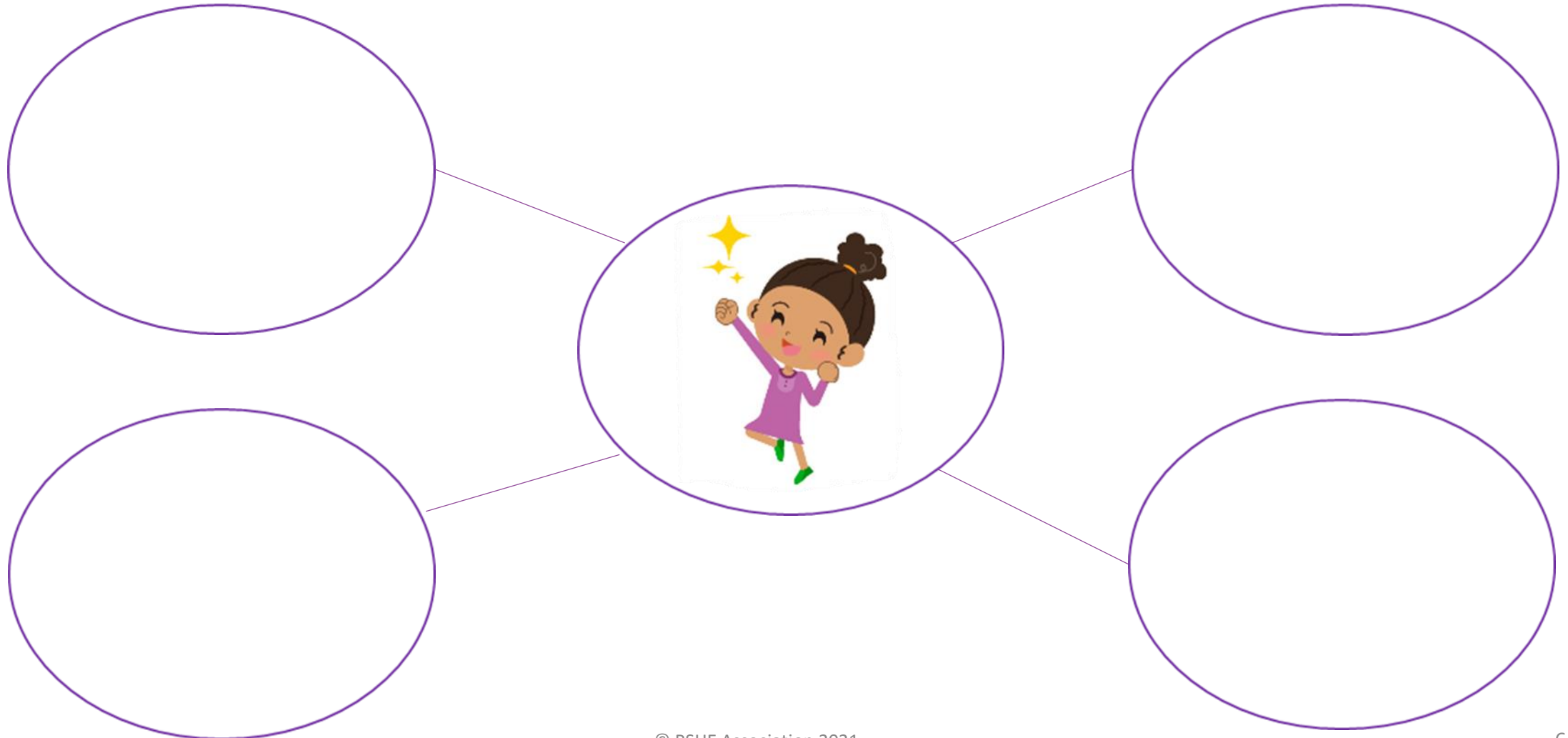
- What words does Mia's mum say that show it is time for sleep? What might other families say or do?
- Mia has lost the snuggly that helps her to fall asleep. What could this snuggly be?
- Does everyone have a snuggly?



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. What can Mia do to rest and relax?

On the next slide you will find lots of activities that Mia could do. Some activities will be good for resting and relaxing. Some activities will be not so good for resting and relaxing.

Look at the activities and decide:

1. those that are good for resting and relaxing
2. those that are not so good for resting and relaxing
3. those that you are unsure of.



Draw a table to record your answers.
Your table might look like this...

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

Have a
fizzy
drink

Go to bed
really late

Have a
bath

Hug a
teddy

Do a silly
dance



Eat some
sweets

Go to bed at a
different time
each night

Watch an
exciting
film

Drink a
glass of milk
or water

Listen to
calm
music

Go to bed
a bit
earlier

Read a
book



Talk to
someone
about what
is worrying
her

Have a
cuddle with
someone
that she
loves

Turn off
screens an
hour before
bed

Make up a spell or
song that will make
her imaginary
monsters disappear



Check your answers...

These activities are good for resting and relaxing as they can help to calm and relax Mia's body and her mind, ready for going to bed.

Have a bath

Hug a teddy



Drink a glass of milk or water

Listen to calm music

Go to bed a bit earlier

Read a book

Talk to someone about what is worrying her

Have a cuddle with someone that she loves

Turn off screens and hour before bed

Make up a spell or song that will make her imaginary monsters disappear

Have a
fizzy
drink

Go to bed
really late



Do a silly
dance

Eat some
sweets

Go to bed at a
different time
each night

Watch an
exciting
film

Check your answers...

These activities are not so good for resting and relaxing as they can make Mia's mind and body feel excited and awake. This might make it difficult for her to relax before bed.

Talk to your
teacher or
grown-up about
any that you are
unsure of

Mia's new bedtime routine

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

A



Brush teeth



Turn screens off an hour before bed



Read a book



Turn off lights



Hug a snuggly or teddy

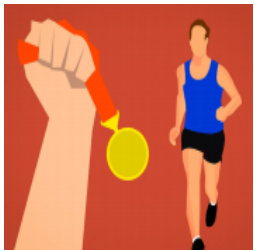


Say goodnight or family words



Close eyes

B



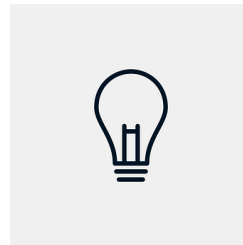
Do some exercise



Play on tablet



Brush teeth



Keep all the lights on



Play a game



Say goodnight or family words



Have a nap on the sofa

Mia's new bedtime routine

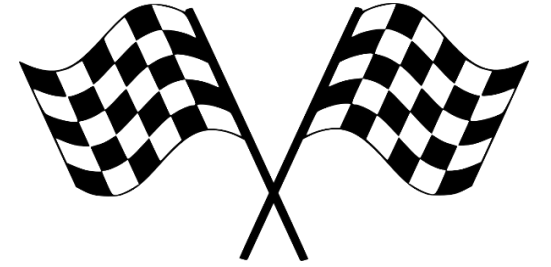
Routine A would be the best for Mia, as there are lots of opportunities for her to rest and relax before she goes to sleep.

Routine B has some fun activities, like playing a game or using a tablet, and some healthy activities like exercise. But these are not so good for resting and relaxing before sleep.

- What other things might help Mia to get to sleep?
- What might someone do or say to help Mia feel relaxed and ready for bed?



Sleep: What is our end point?



Go back to the 'What's our starting point?' activity

Use a different colour pen or pencil to add to your draw and write...

Is there anything that you would like to change about your pictures or writing?

Is there anything you would like to add to your pictures or writing?

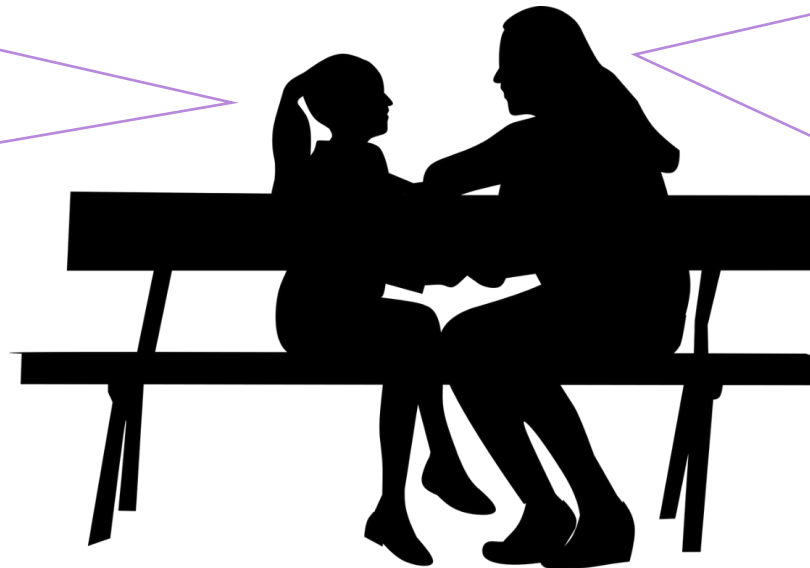


Can you think of one new thing that you will try when you need help to get to sleep?

Remember...

If you are worried about your sleep, you should always speak to your parent or a trusted adult so they can help you.

I'm worried about falling asleep in case I have a bad dream.



Anyone can have night time fears, bad dreams and trouble sleeping. At your age it is a normal part of growing up. Let's see what we can do to help you...

The **NHS website** also has advice about sleep tips for children of your age: www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children

More activities

Mia has woken up in the middle of the night because she has had a bad dream.

- What ideas do you have to help her feel better?
- What ideas do you have that could help her to go back to sleep?

