



This is a topic which we would cover over a few weeks in school. You do not need to complete all the tasks at once.

Please have an adult read through this page with you before you get started.

Learning Intention:

We are learning that sleep and rest, play an important role in keeping our bodies healthy.

Success Criteria:

We Will...

- Understand why we sleep and why sleep is important.
- Be able to explain the five stages of the sleep cycle.
- Discuss what happens if we don't get enough sleep.

Activities and Instructions.

Before you complete the tasks:

1. Look through *The Sleep Cycle Power Point*.
2. Read the *Getting a good night's sleep guide*.
3. Read *five reasons to get a good night's sleep guide*.

Discussion and Written Task:

1. Talk to someone in the house about why they think sleep is important.
2. Complete *The importance of sleep activity sheet*.
3. Complete *The How much sleep do we need cut and stick activity sheet*. Don't worry if you can't cut this out and stick it on, you can just write the answers on the worksheet.
4. Create a poster encouraging people to get a good night's sleep. You could include some tips to help them, such as having a bath before bed.

Extra: Complete the sleep challenge, *My Sleep Diary*.