



A Good Night's Sleep

Game Cards



A Good Night's Sleep



You watch TV in bed until you fall asleep and you leave the TV on all night.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

A Good Night's Sleep

You play games on your phone or tablet until late.



A Good Night's Sleep

You read a chapter of your book in bed, then you turn out the light and wait to drop off.



A Good Night's Sleep

You stay out playing football in the back garden until it's time for bed.



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A Good Night's Sleep

You have a relaxing bath and a glass of warm milk before going to bed.



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A Good Night's Sleep

You listen to calming music or an audio book in bed for half an hour.



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A Good Night's Sleep

You have a packet of sweets and a sugary, fizzy drink just before bed.



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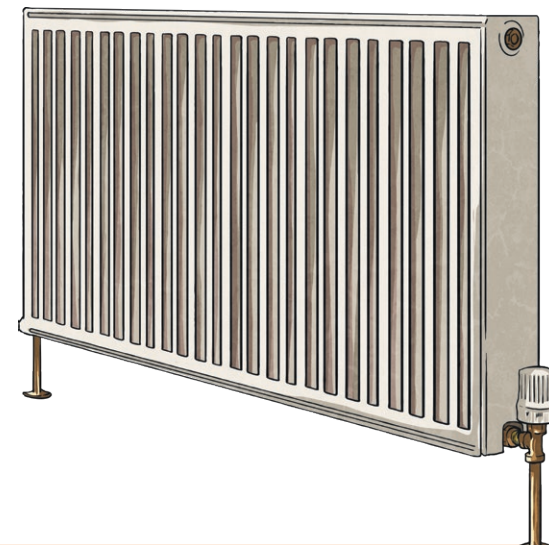
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You make a den on the floor. There is not much room and it isn't very comfortable but you sleep there all night.

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Your radiator is on full blast and your room is extremely hot.



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Your older sister is playing her electric guitar loudly when you are trying to get to sleep.



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It's a cold night so you wear your thick pyjamas and ask your dad for an extra blanket.

