







ACTIVITY 1: MY SLEEP FACTFILE

|  |  |
| --- | --- |
| 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 pu- berty?** |  |
| **Why is it important to get good sleep?** |  |
| **\*CHALLENGE question: Why is it more important to get sleep during puberty?** |  |

ACTIVITY 2: SLEEP BUSTER SOLUTIONS

|  |  |
| --- | --- |
| 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 …… | |
|  | |
|  | |
|  | |
|  | |