

## Lesson Plan – Sleep Tips for Kids

<b>Teaching Notes</b>	
<b>Objective</b>	This Sleep Hygiene educational resource has been created to build awareness for parents and children of the importance of a good night's sleep, and how children's habits will affect the way they feel before, during and after sleep.
<b>Learning Outcomes</b>	The children will be able to:  Practice good sleep hygiene and recognise and avoid things that adversely affect their sleep.
<b>Lesson/Activity:</b>	
<b>Induction/ Starter</b>	Explain why learning about sleep hygiene is important for their health and wellbeing, and how it will ensure a better night's sleep.
<b>Video</b>  <b>(3-10 mins)</b>	Watch the video (duration is 3 mins).  Feel free to pause the video in whenever to discuss and explain anything to your class.
<b>Quiz</b>	After the video, your class can go through the quiz (below the video – same screen) to see what they have learnt from the video.

	If for any reason, the quiz cannot be done online, there's a downloadable version of the questions available.
<b>Consolidate/Plenary</b>	To conclude the lesson, go through each answer with them and encourage a discussion. This is a great opportunity for you to advise further on sleeping etiquettes.
<b>Extension Activity</b>	<p>Encourage your children to write down their night time routine, splitting into two columns.</p> <p>The "Good" column should highlight the good sleep hygiene habits they have, and the "Bad" column should feature the bad habits that need omitting.</p> <p>A template is downloadable on the page.</p>
<b>Page Link</b>	<a href="https://www.happybeds.co.uk/sleep-hygiene">https://www.happybeds.co.uk/sleep-hygiene</a>
<b>Video Link</b>	

<b>Quiz Answers</b>	
<b>Q1. What is your body made up of?</b>	a) Trillions of microscopic building bricks
<b>Q2. What is inside each of your body's cells?</b>	c) A little tiny clock

<p><b>Q3. What is the Suprachiasmatic Nucleus (SCN)?</b></p>	<p>b) The Captain of the Clocks</p>
<p><b>Q4. Which of the following is NOT a clue hidden in your day?</b></p>	<p>d) What you eat</p>
<p><b>Q5. What type of light comes from your TV and computer screens?</b></p>	<p>a) Blue</p>
<p><b>Q6. Where can the special sensor cells be found?</b></p>	<p>b) In the back of your eyes</p>
<p><b>Q7. What happens when you have a lie-in on the weekend?</b></p>	<p>a) The tiny clocks reset</p>
<p><b>Q8. How can you help the clocks know it's time to sleep?</b></p>	<p>b) By only lying in bed when you're ready to sleep</p>