

## Year 4 Sleep

### National Curriculum objectives

Pupils learn about choices that support a healthy lifestyle, and recognise what might influence these.  
Pupils learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

### Key Learning

- To find out about some techniques for getting to sleep when you are struggling.
- To explore ways of dealing with worries at bedtime.

### Key Vocabulary

**Routine:** Activities you do every day before going to sleep. Things that help you to calm down before bedtime.

**Sleep:** The state of rest for the body and mind in which the eyes are closed and you are not active in any way. Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out.

**Setting:** Where a story takes place.

### Equipment and Resources

- Picture books with a sleep theme. Suggestions are given in [Storybook Ideas](#). Look in your school library and ask pupils to bring in books from home.
- [Sleep Story Planner](#) Sheet print one for each pupil.
- Pencils and drawing tools.
- A4 or A3 paper to make books. Alternatively, use software to make ebooks.
- An instructional video for how to create a mini-book from a sheet of A4 paper (several are available online).
- [Sleep Benefit Poster](#) for display on the board.
- [Rules of Healthy Sleep Poster](#) for display on the board.

### Key Questions

Why do we need sleep?

What can stop you getting to sleep?

What do you do before bedtime?

What things would help you to get better sleep?

### Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction