

## Year 2 Sleep

### National Curriculum objectives

Pupils learn about why sleep is important and different ways to rest and relax.

### Key Learning

- To find out about things that children can do to aid good sleep and avoid poor sleep.

### 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.

### Equipment and Resources

- [Sleep Benefit Poster](#) - for display on the board.
- [Rules of Healthy Sleep](#) - for display on the board.
- Materials for making a poster - paper, pens or computers with appropriate software.

### 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