



Starter: Put a finger down...



**Put a finger down...
(3-5 mins)**

Hold 10 fingers up!
Read each statement
and put a finger down
for each one that
applies to you!



If you **play on a tablet or phone** in bed.

If you've been so tired that
you've had to **take a nap**.



If you've ever been **late**
because you overslept.

If you've ever **fallen asleep at**
school.



If you can't sleep without a
toy or teddy.

If you have ever **stayed up**
past midnight.



If you like **a snack before bed.**

If you **share a bedroom** with
someone else.



Do you get enough **sleep**?





Why are we talking about this?



Staying healthy



Remembering things



Having lots of energy

Guess! (2-3 mins)

Which of these do you think sleep helps with?



Learning new things

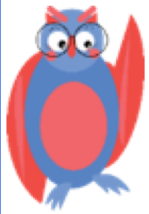


Keeping fit

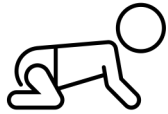


Feeling happy

The answer is: **all of them!** But do you think you're getting enough sleep to get all these benefits? This is what you'll be thinking about today.



How much sleep do we need?



14 hours

0-3 years old



10-12 hours

4-12 years old



8-9 hours

13-18 years old



7-9 hours

19-64 years old



7-8 hours

65+ years old

Guess (2 mins)

Before you find out, take a guess at how many hours of sleep you think you need!

Scientists believe that **you need more sleep when you are younger**. This is because you (and your brain!) are still **growing**.



How much sleep do we need?

I go to bed at..



Work it out! (3-5 mins)

Using this clock, can you count how many hours of sleep you get?

1 What time do you go to bed?

2 What time do you wake up in the morning?

3 Count how many hours are in between!

I wake up at..



So I sleep for...



Challenge:
Is it different at the weekend?



Are they getting enough?



Johan goes to bed at the same time every night. First, he **has a bath and reads with his dad**, which helps him relax. He falls straight to sleep!



Johan is **getting enough sleep!** He's got some good habits before bed which are helping him get a good night's sleep. Well done, Johan!

In the morning, he feels **refreshed, happy and ready to learn!**



He's getting enough sleep!

He's not getting enough sleep!





Are they getting enough?



When she wakes up in the morning, she doesn't want to get out of bed! She's **yawning and feeling grumpy** all day.

Amy goes to bed at 8pm, but she **gets up a lot** to get a glass of water or play with her dog!

Amy is doing too much after bedtime, so **she isn't getting enough sleep**, which is making her tired and moody! You need to do those things before bedtime, Amy!



She's getting enough sleep!

She's not getting enough sleep!





Are they getting enough?



Georgie goes to bed at 8.30pm. Sometimes, she finds it hard to sleep, so she **might read her book for 20 mins** and then turn the lights out.



Georgie is getting enough sleep! If you find it difficult to sleep, read a book for a bit or count sheep to help you dose off! Great idea, Georgie!

Sometimes Georgie is tired when she wakes up, but **once she has her breakfast**, she feels fine and enjoys the rest of the day!



She's getting enough sleep!

She's not getting enough sleep!





Are they getting enough?



Rasheed's mum will turn the lights off at 7.30pm, but Rasheed sneaks the iPad under his pillow and **plays games for hours and hours!**

The next day at school, he has **trouble completing his work**, and sometimes **puts his head on the desk** and falls asleep!

Rasheed's **not getting enough sleep**, which means he's tired in class! Sleeping is much more important than playing games, Rasheed, so put the iPad away!



He's getting enough sleep!

He's not getting enough sleep!





Are they getting enough?



Reflect (2-3 mins)

Discuss with your partner: are you more like Amy and Rasheed or Georgie and Johan? Do you think you get enough sleep?



I get enough sleep!

I don't get enough sleep!



Do you get enough **sleep**?

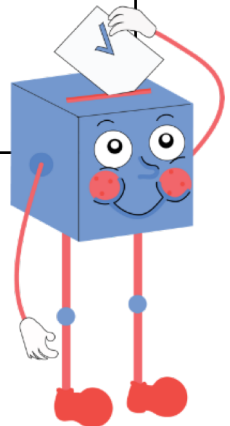


Yes	No
<ul style="list-style-type: none">• I know how important sleep is and I always get enough of it.• I used the chart at the beginning of the lesson and found that I get enough sleep.• My parents help me get enough sleep by making sure I go to bed and wake up at the right time.	<ul style="list-style-type: none">• I often get distracted and stay up late, so I don't get enough sleep.• I used the chart at the beginning of the lesson and found that I don't get enough sleep.• I find it really difficult to fall asleep.



Calling all voters!

You can still vote at home! Just follow the link:
<https://www.surveymonkey.co.uk/r/vfs-primary-sleep>

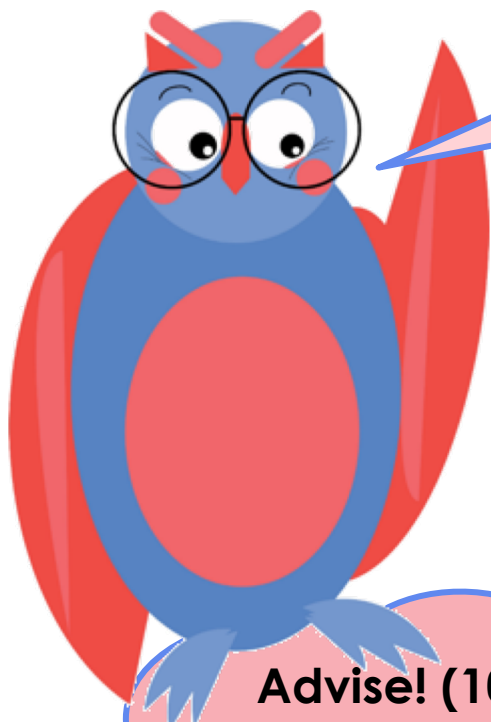




Extension: Dear Ollie...



Ollie has been have trouble sleeping recently – he's been staying up all night!



Yawn!



Advise! (10-15 mins)

What could Ollie do that would help him get to sleep? Write him a letter or a video with all the advice!

Dear Ollie,

I hear you've had trouble sleeping, so this is my advice:

- 1) You could....
- 2) Always...
- 3) Don't...
- 4) Have you tried...?
- 5) Most importantly...

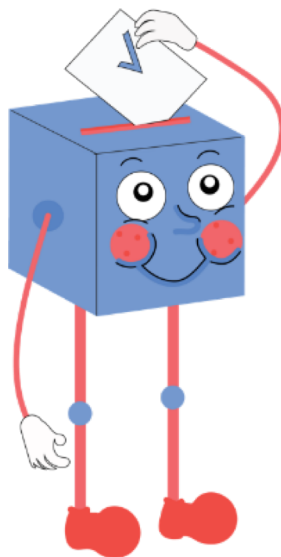
Good luck!



You can vote from home at...



<https://www.surveymonkey.co.uk/r/vfs-primary-sleep>



To have your voice heard!



If you have any issues, feedback or comments, email
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