



How do we know when our bodies need sleep?

Ask this question. Invite children to share their answers.

How do we feel when we have slept well?

Invite ideas.

What happens when we haven't had enough sleep?

Invite ideas. Refer to the book. Explain that when we sleep, our brains can work on their sleep time jobs to help us be healthy. Whilst we sleep, our bodies are busy mending and growing and our brains are making sense of all that we have seen, heard, felt, smelled and tasted. If we don't get enough sleep, it's hard for our bodies to get everything done to help us. We might feel grumpy, we might find it hard to concentrate, our reactions might be slower, we might find it hard to be patient and friendly, we're more likely to feel hungry as our bodies want the energy that they've missed out on by not resting enough.

What sorts of things can help us to have a good night's sleep?

Invite ideas. Help the children to separate out the things that can help us to sleep and the things that can delay or disrupt our sleep. To explore this theme further, share the 'Sleep Well Boo' story from the website.

The Early Learning Goals - Activity Links

Communication and language

Understanding: children follow instructions involving several ideas or actions. They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Physical development

Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.