

Facts4Life Activity Mat

Check In Activity

Make a selection then explain your choice

Show a number with your fingers that reflects how you are feeling at the moment with 1 being low and 10 being great. Draw the number or craft it (sculpt, build or model) using what's available to you.

Riding the Ups & Downs

How we feel changes all of the time. This is completely normal. Notice how you feel each day or even throughout the day.

Sleep

Watch this Operation Ouch clip on sleep, then answer the questions.

https://www.youtube.com/watch?v=_yZaaBXeedc

There are different types of sleep that do different things for you. What do they do?

How long does a full sleep cycle take?

What are the main stages of sleep?

How much sleep do children of your age typically need?

You'll need to research this. Google 'NHS Sleep Children'



Further Facts4Life research:

Smoothing the Path with Sleep! Find out:

What does melatonin do?

What can disrupt your melatonin production?



O N W O Z C S H B I W W N U S
 N O I T C U D O R P J Q N Z E
 N B N M A E R D D H W D I L T
 P I O V F J B D P E E F A E T
 S G N Z O P J E Q R R U R T L
 M A C O L O E A S H W I B A E
 Z Y D I T L G T D E E P T L U
 X C G Y S A A R O Z A K E U C
 A H I M L N L H U W W R S M A
 T H E T D A Q E D M O P I I B
 W R N S Z D P R M N P P Z T J
 R E C H A R G E S B V Y Z S S
 A Q N O D L V K M B O Q Q E X
 B J G J F X Z I V M C D Z M D
 P B P B M W D V D F J I Y H Y

Puzzle Time!

body
 brain
 deep
 dream
 grumpy
 light
 melatonin
 production
 recharge
 REM sleep
 settle
 snore
 stimulate
 tired
 understand



Take Notice

Sometimes, just when we want to go to sleep, our minds seem to feel really busy. Different thoughts might pop in making it hard to sleep. Taking our attention to our senses can help settle a busy mind.



Try this guided focusing activity to settle your mind for bedtime.

learnhappy.org.uk/wp-content/uploads/2021/01/Ready-for-Sleep_v1.mp3

For more activity ideas, visit <https://facts4life.org/for-parents-carers/>