

# Facts4Life Activity Mat

## Energy check in



Are you a puppy or a sloth?

Which animal best represents the amount of energy you have at the moment? What sort of things can you think of that affect our energy levels?

How could someone make themselves more like a puppy and less like a sloth?

**Riding the Ups and Downs:** How we feel changes all the time. This is normal.

## What happens when we sleep?

Watch this short video [https://www.youtube.com/watch?v=eTgNgGO\\_bLs](https://www.youtube.com/watch?v=eTgNgGO_bLs) and answer the questions below:

How many stages of sleep are there?

How many times do we cycle through these stages on a good night?

What is the difference between the different stages?

What fraction of our lives do we spend sleeping?

Why are people generally sleeping less now than a hundred years ago?

What health conditions are linked to reduced sleep?



**Facts4Life research:** Find out how many hours of sleep a night someone your age needs. How does screen use impact on our sleep and what are some of the ways that people can improve their sleep patterns?

You might find this NHS website useful:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

## Puzzle Time - Trackword

How many words of three letters or more can you find by tracking from one square to the next going up, down, sideways or diagonally in order? You may not use the same letter twice in any word.

N	M	L
I	E	A
N	O	T

Can you find at least ten words?



What is the nine letter word? (Hint: this is mentioned in the video opposite and helps us to sleep). Can you find out *how* it helps us to sleep?



## Take Notice



Try this activity to help you relax your body and calm your mind.. It may be something you could use to help you to get to sleep at night:

Find a comfy place and a cushion and lie down. Lay the cushion on your stomach. Take a slow deep breath in and notice the cushion rise up. Slowly blow the breath away and notice the cushion go down again. See how you can raise and lower the cushion just by using slow steady breaths.

Do you have anything you do which helps you to get to sleep at night? Share your idea with a friend.



For more 'take notice' ideas , see <https://facts4life.org/for-parents-carers/>