



Sleep well ideas



Ask pupils to describe, or draw in cartoon form, their bedtime routine and how they get a good night's sleep.



Task pupils with researching ways to achieve a better night's sleep. You could help them create a classroom display with their ideas.



Set pupils the challenge of creating and performing a short roleplay to teach about the importance of sleep. For example, they could act out how somebody behaves differently when they are tired, compared to when they have had a good night's sleep.

Ask pupils to record how long they sleep each night during the Week using the [My sleep diary](#) worksheet.

Challenge pupils to audit their sleep environment and make adjustments to improve it. This may include removing electronic items such as phones, gaming systems, tablets, or light sources that stay on all night.

Ask your pupils how rested they feel on a scale of one to five. They can record the results on their [My sleep diary](#) worksheet.

