



Sleep Mini-Lesson, Elementary

Estimated Time: 15-20 minutes (including 4 minutes for the video)

Intro (4 minutes)

This morning we're going to discuss an important daily habit which keeps our bodies healthy. I'm first going to share a few facts about this habit. And then you'll get the chance to guess what it is, ok?

If this habit could talk, it might say...

"I will keep you healthy and strong."

"Without me, it's hard for you to grow."

"I can help you learn and feel happier."

"I'm especially important at night time."

Any ideas on what this habit might be?

(NOTE: take a few guesses and if no one guesses correctly, offer to give them one clue at a time until someone guesses correctly - For example: "Some items that help with this habit include: a pillow...a blanket...a comfortable mattress")

Yes! You're right. I'm talking about sleep.

By a show of hands...

How many of you look forward to bed time?

How many of you wish you could stay up later?

How many of you are tired today because you didn't get enough sleep last night?

Video (4 minutes)

Now let's watch a video to learn why a good night's sleep is so important...

- [All About Sleep for Sleep for Kids](#), Twinkl (3:14 minutes)

Student Q&A Session (7 minutes)

Note: Be sure to give time for answers after each question; potential responses are listed below each question in case you need to 'prime the pump'. Also, if you're running short on time, choose your favorite questions from this list.

- What's something new you learned from the video?
- Any new habits you may want to start to help your sleep?
 - *Go to bed and wake up at the same time everyday*

- *Schedule a regular bedtime. Maybe you could even set an alarm to remind you when it's time to start getting ready for sleep.*
- *Pledge to keeping screens out of your bedroom*
- *Talk to your family about ideas to help everyone get better sleep*
- Are there any things that might make it hard to sleep
 - Screens (Phones, TV's, ipads, video games)
 - Bright lights
 - Loud noises
 - Caffeine too late in the day
- Are there any items that might help you sleep?
 - Comfy pillow
 - Favorite blanket
 - A nice book to read
 - Some calming sounds or music

OPTIONAL Final activity (5 minutes)

Now that we know why we need sleep and have considered some ideas for getting better sleep, Let's write down 1 to 2 things we plan to do to sleep better.

- *Note: Pass out copies of a [sleep mask template](#) for kids to write their sleep plans on.*

Now I'd like you to take this home and tape it some place in your home as a reminder of your plan. Next week, we're going to check in with each other to see how our sleep plans are going.