

HOME LEARNING

PSHE - Year 8 – Home Learning Pack 13

This week we are thinking about healthy sleep patterns.

Task 1

Complete the table offering solutions to the problem for that night and then for the future

It is difficult to go to sleep when	A solution tonight could be	A solution for the future could be
Someone is nervous, worried or upset about something		
Someone has eaten / drunk a sugary snack before bed		
It's too light in the bedroom, perhaps someone shares a room and they want a night light left on		
Someone has been watching TV or playing games online before bed		
Someone got up really late in the morning and just isn't tired at bedtime		
Someone's house is always noisy at bedtime, traffic, dogs barking, babies crying		
<i>Challenge: Can you think of another reason and offer a solution?</i>		

Task 2

Create a mind map or poster with 5-10 statements "Top tips for a good night's sleep"

You can include pictures

All completed work will be rewarded with Sleuth Points 😊

