HOME LEARNING

Year 10 PSHE Pack 9

Sleep topic - I would like you to read the following case studies and answer the 3 questions

Bronze – Choose 1 case study

Silver – Choose 2 case studies

Gold- Choose 3 case studies

1. What **habits** might be preventing each character from getting good quality sleep?
2. What might be the **consequences** for each character if they don't get good quality sleep?
3. What could each character do **differently** to help them get better quality sleep?

You can present your work however you want but it may help you to draw a table like this

Character	Bad Habits	Consequences	Things to change

KLAUDIA (12 YEARS OLD)

Klaudia has a really busy after school schedule. She finishes school at 3.30pm, and stays behind for homework club most days, until 4.30pm. She then helps out in the family shop until 7pm before she goes to basket-ball training three times a week (between 7.30 and 9pm). So when she gets back home she needs to shower, wash her hair and usually eats dinner at about 9.30or10pm.ThensherelaxesbywatchingTVorchattingon social media before falling asleep around midnight. She is always tired when her alarm goes off at 7am to get ready for school, and usually snoozes it for at least half an hour.

BENJI (13 YEARS OLD)

Benji feels tired all the time. He finds it really difficult to wake up in the morning so gets into an argument with his parents most mornings and gets blamed for making everyone late. He often gets into trouble for being late to school, too. He drinks a caffeine drink on the way into school to help him wake up and usually has three or four more during the day. He sometimes finds himself falling asleep during lessons, and most days he has a nap when he gets home from school, between about 4.30pm and 6pm. The only time he feels energetic or awake is in the evening, and doesn't feel tired when he tries to go to bed! At the week-end he usually has a lie in until 1pm to catch up on sleep, but stays out late with friends on Friday and Saturday nights.

RYAN (11 YEARS OLD)

Ryan has just started secondary school. It starts earlier in the morning than his primary school used to, and he has to travel further to get to school now too. To make it on time, he gets up at 6.30am. He is finding this really hard, and feels very tired. This is made even worse because Ryan is quite worried about secondary school and is quite disorganised. He's been told off and had detention twice because he forgot his equipment. He often lies in bed running through in his mind all the things he needs to pack in his schoolbag for the next day. He sometimes wakes up in the night worried that he is going to get in trouble again.

SHAZNAY (12 YEARS OLD)

Shaznay has just got her first smartphone for her 12th birthday. She has started using her mobile phone as an alarm clock, so sleeps with it on her bedside table. She doesn't think it disturbs her sleep much, but she does use it for an hour or so before she goes to bed, and sometimes that means she stays up later than she meant to. Her phone often goes off during the night and it is hard to resist checking the notifications, but she only looks at it for a second or to in case it's important. She doesn't understand why some of her friends are still posting at 2 or 3am. Checking her phone is the first thing she does when she wakes up. Sometimes, she listens to a podcast or a relaxation app to help her fall asleep.

Thank you Year 10

All completed work = Points on Sleuth ☺

Please email your work to lhunt@bower-grove.kent.sch.uk