



Why Do We Sleep?

Sleep keeps us healthy and functioning well. It lets your body and brain repair, restore, and reenergise. Not getting enough sleep may effect our memory, focus and out mood

Curriculum links
PSHE

KS1 Activity

For this activity we will be creating a Dream Journal. A dream journal helps tell other people what we saw in our dreams when we were asleep. You will need a piece of paper and colouring pens!

Task 1: Can you draw a picture of what you saw in your dream last night on a piece of paper?

Task 2: Can you write a little sentence to describe the dream and what you think it meant?

Last night I dreamt
that I wanted to be
a paramedic!



KS2 Activity

For this activity you are going to write a sleep journal!



1 To start off your sleep diary, you will need a pen, paper and colouring pens.

2 Every day for a week, you will write the answers to the 'Sleep Diary Questions' on a piece of paper, don't forget to write the date on top!

3 Do your sleep diary every day for a week! But don't forget to decorate each page!

4 Lets reflect! Look back through your sleep journal and have a think about how you can sleep better!

Monday 27th April

I went to bed at 9pm
I woke up once, to go to the bathroom
I woke up at 6am this morning
I slept for 9 hours last night!
Before bed I read my favourite book
Before bed I drank a glass of water
I would rate my sleep as a 4 out of 5

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Sleep Diary Questions

These questions might help you start your sleep diary...

- What time did you go to bed last night?
- How many times did you wake up last night?
- What time did you wake up this morning?
- Did you eat or drink anything before bed?
- What did you do before bed?
- How many hours did you sleep for?
- Between 1 to 5 (1 being the worst and 5 being the best), how would you rate your sleep?