

KS2 Lesson Plan – Sleep



Context

This lesson explores why sleep is so important in children's lives and how sleep patterns change during puberty. It considers what the foundations of good quality sleep are, promotes taking responsibility for bedtime routines, and reflects on how these habits can be effectively embedded. As children grow older and into puberty, they will benefit from well established, constant sleep patterns.

This lesson could be used within the unit of work on healthy, balanced lifestyle, as part of preparing pupils for transition to secondary school or during sessions about changes that occur to the body during puberty.

NB This lesson can bring up sensitive issues and possibly safeguarding concerns.

Learning Objective and Outcomes

To learn the importance of good sleep

At the end of the lesson pupils will be able to:

- explain why sleep is important for a healthy lifestyle
- describe bedtime routines that help improve sleep
- identify house sleep patterns and needs might change during puberty.

Resources

Power Point Presentation – Sleep
KS2 Sleep Lesson Resource Pack

Lesson Overview

Introduction	Activity 1	10 minutes
Fact about Sleep	Activity 2	20 minutes
Discussion What can get in the way of sleep?	Activity 3 and 4	15 minutes
Plenary	Activity 5	5 minutes
Top Tips for Sleeping / ways to improve my sleep / additional sleep resources	Additional Activities	

Induction (10 minutes)

Ask the children to think about how they can keep their bodies healthy. Explain that the focus for this lesson is sleep.

Ask pupils to:

- draw and write about a person getting ready for a good night's sleep – thinking about what they might be doing, thinking or feeling.
- draw and write anything that is helping them to sleep well
- draw and write what might it hard for them to sleep

Encourage pupils to complete this activity individually and do not guide or prompt answers. Look through pupils' ideas as they are working to elicit what pupils' already know about the importance of sleep and routines.

Introduce the learning objectives and outcomes, explain that this lesson will explore why it is important to get a good night's sleep, and how sleep patterns change during puberty.

Fact Hunt – Activity 1 (20 minutes)

Put up the 4 posters from the resource pack around the room and give pupils the 'My Sleep Fact File' sheet. Ask the pupils to move around the room in pairs, looking at the posters and hunting for the fact they need to answer the questions.

Take feedback and discuss the answers.

1.) How much sleep do children need each night?

Children between the ages of 6 and 12 usually need around 10 to 12 hours sleep a night and should usually go to bed before 9 pm.

2.) Find 3 things that help someone get a good night's sleep:

Relaxing, calming activities before bed (such as reading meditating etc), exercising outside during the day, keeping to the same routine, tidying their bedroom.

3.) Find 3 things that stop someone get a good night's sleep:

Running around before bedtime (or rough play), using electronics, game consoles, including phones and tablets, TV and computer (ideally they should not be taken into the bedroom at all), drinking fizzy drinks or energy drinks, eating sugary foods (which may make us feel hungry or thirsty not long after eating them).

4.) What happens during sleep when someone starts puberty?

When asleep, the body makes hormones needed for changes that happened during puberty. Sleep patterns tend to shift around 1 to 2 hours later and they need a slightly less sleep than I did before.

5.) Why is it important to get good sleep?

It helps us to feel awake the next day and ready for school, we can find it easier to learn, have ideas for our school work, remember things we need to do, catch less cold and coughs, heal more quickly from injuries, perform well in tests and at sporting activities and feel happy and well.

6.) Why is it important to get sleep during puberty?

Sleep can also help prevent spots and manage weight during puberty.

Discussion and 'What can get in the way of sleep?' – Activity 2 and 3 (15 mins)

Discuss as a class the type of activities children and young people do after school – for example: attending after-school clubs, sports teams, eating dinner, homework, bedtime routines

In pairs, ask the pupils to consider what can get in the way of trying to get to sleep and using the resource 'Sleep Buster Solutions', ask children begin to complete a table and suggest solutions to the difficulties in falling asleep.

NB if children talk about feelings of anxiousness e.g. thinking about their day / what is going to happen tomorrow this is a good opportunity to practise some mindful breathing exercises / relaxation techniques e.g. square breathing, tense and release

Plenary - Activity 5 (5 mins)

Ask pupils to return to the drawings they did at the beginning of the lesson and, with a different colour pen or pencil, to make any additions or changes on their original drawing, showing what they have learnt in today's lesson.

Ask children to reflect on one thing they could consider changing about their own bedtime routine to help them get better soon.

Additional Activities



- Ask pupils to compile a list of 'Top 10 Tips' for a good night's sleep – this could be used to create a presentation to share with another class, in a whole school assembly, or to take home to share with parents / carers.
- Complete the 'individual steps to improve sleep' and share with parents / carers
- Explore sleep resources on slide 9