

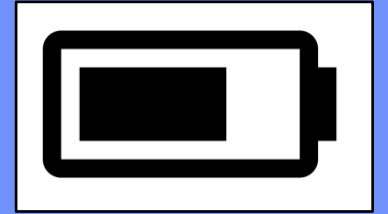


How do we stay healthy?



# Sleep

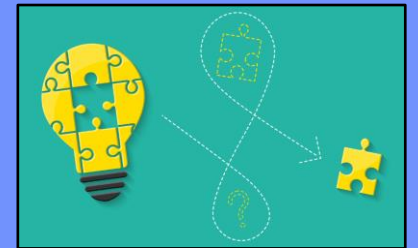
- Sleep helps our bodies re-charge



- Sleep helps us form memories



- Sleep helps us solve problems



- Sleep helps our bodies fight off germs



This is Dozey. There's something the matter with her today. Let's find out what it is.






Can you remember Jim's  
Snooze Clues?

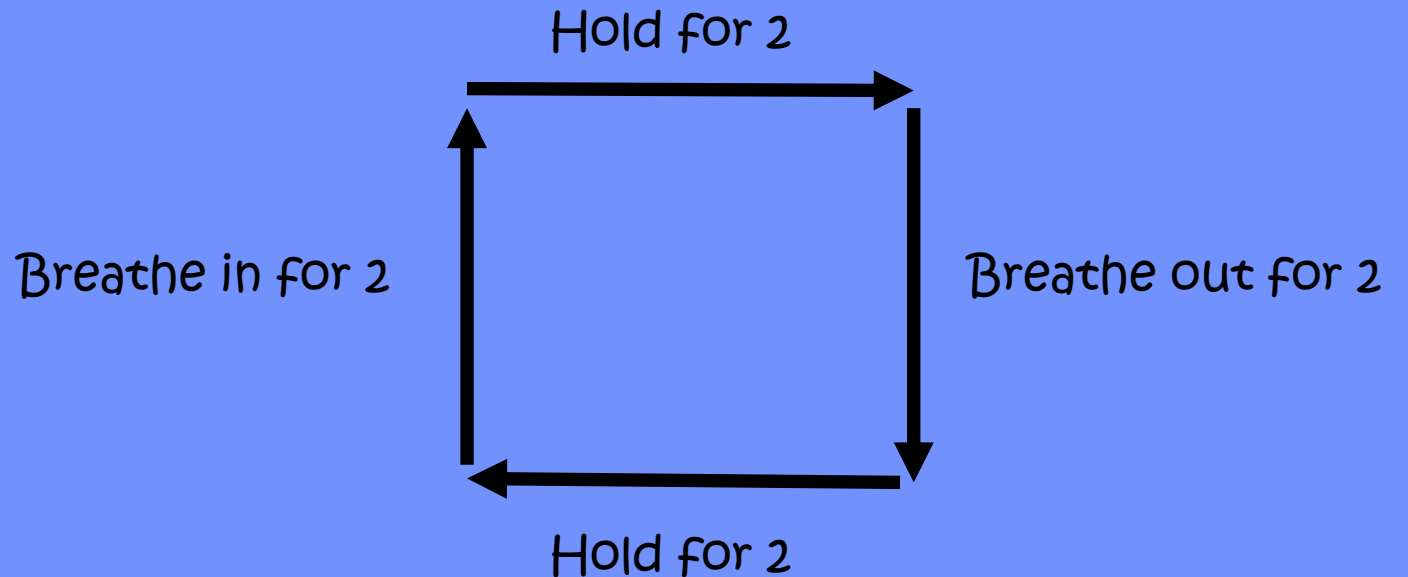
Can you think of any more  
snooze clues for Dozey?





Another thing that  
might help you sleep is  
some square breathing.

Let's try it  
together!





Can you  
make a  
sleep  
routine for  
yourself?

<b>1.</b>	<b>2.</b>	<b>3.</b>
<b>4.</b>	<b>5.</b>	<b>6.</b>



# Resources

Sleep sounds and breathing techniques –

Pacifica app

Bedtime stories related to sleeping –

A Quiet Night In – Jill Murphy

Down in the Woods at Sleepytime – Carole Lexa Schafer

Kiss Good Night, Sam – Amy Hest

Get into Bed! – Virginia Miller

Can't You Sleep, Little Bear? – Martin Waddell

Nighty Night! – Colin McNaughton

Goodnight Harry – Kim Lewis