

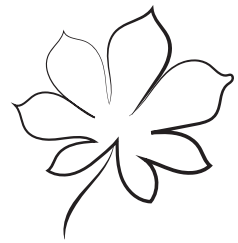
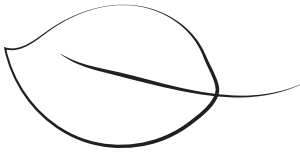
The Magic of Sleep

Written and illustrated by
Vicky Woodgate



The Magic Of Sleep

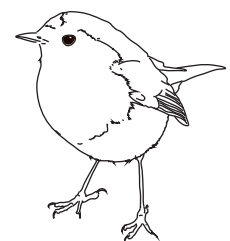
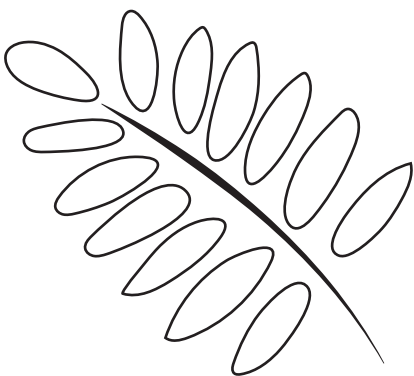
by Vicky Woodgate



Did you know that fresh air and being outside in nature can help you sleep better.

Why not go for a walk in the park, in the countryside, on the beach or even see what you can spot in your garden. If you don't have a garden, even looking out the window and gazing at the clouds can make you feel more calm.

If you can't go outside, why not imagine what you might see if you could, then write it down and even draw a picture!



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Some observations on your walk outside

1. What animals did you spot? -----

2. Did you see or hear any birds? -----

3. How did it make you feel being outside? -----

4. What colours did you see? -----

5. What was the weather like? -----

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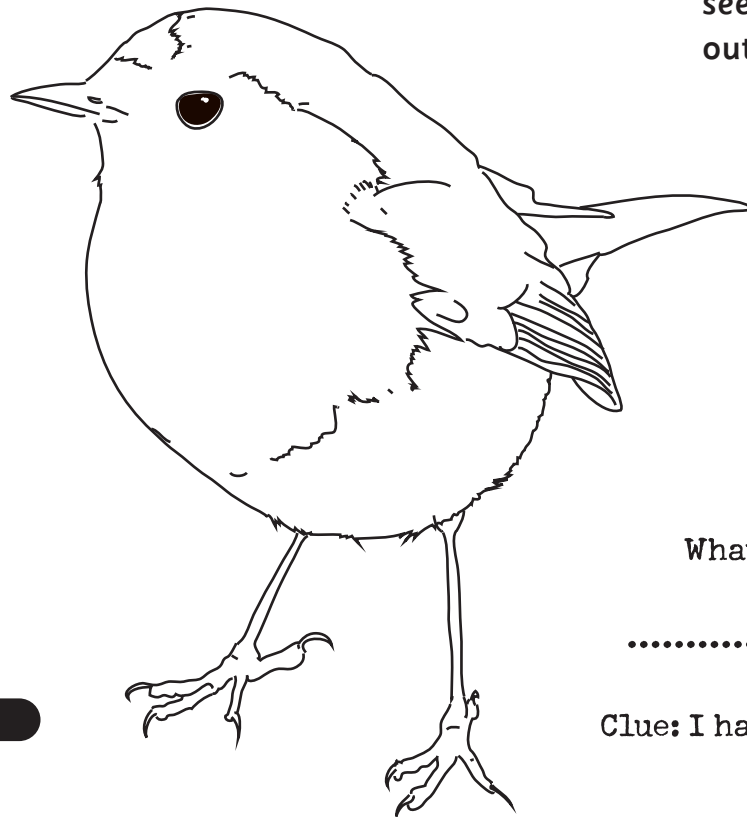
Draw something you saw on your walk.

Maybe a leaf, a flower, a bird an animal or a tree?

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You may have
seen or heard me
outside.



Colour me in

What am I?

.....

Clue: I have a red breast

Can you copy me?