



## Why do sleep and well being matter?



- Good sleep is when your body rests and repairs itself, ready for the next day
- When you feel good, anything is possible. So good well being is essential
- Good well being supports learning, builds emotional regulation and resilience.

## Questions to ask the class



- When you sleep well, does the day feel better?
- When you use more than 1 sense (look, hear, smell, feel, taste) does it make it more interesting?
- When you help others, do you feel good inside?

## Try these ...



- Go for a walk and notice the little things - eg all the different greens, the numbers or letters on doors or signs, the different sounds in the traffic or birds.
- Read a book or be read to before bed to help prepare for a good night's sleep.
- What can you think of and try?