

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

HEALTHY SLEEPING TREASURE HUNT

Good for	Healthy sleep, concentration Self-care Group of 30 or less (depending on the space you have) Yrs 4 - 7
Length	15 mins
Resources	Room Blue tack Children's sketchbooks pencils
Actions	<ul style="list-style-type: none">• Print out the following sheets and cut out the Sleep Tips: www.cypsomersethealth.org/resources/Sleep_Resources_KS2.pdf• Put them up around the room• When the group come in share some facts about sleep:• <i>The average person lives to be 80 years old. Guess how many years they spend asleep? A: 26.</i>• <i>Q: Why is sleep important?</i>• <i>A: It improves our concentration. Helps us fight disease. Makes us better at sport and more active. Helps us keep a healthy weight. Allows the brain and body to replenish itself.</i>• Ask if anyone has problems sleeping, and do they know why.• Invite the group to go around the room collecting all the tips for healthy sleeping. They can do this in pairs.• They can write them down in their books• Gather in a circle and ask them to choose one sleep improvement they can easily bring into their lives• Go around the circle, each child stating an intention for better sleep.
Tips	-
Variation	-

