



Sleep Soundly

Sponsored by Game of Actual Life



Overview: A relaxing activity which looks at the importance of proper rest and how to get it.

Time: 10 - 15 minutes

Equipment required: Paper and red, blue and black pens/pencils.

Benefits:

- Highlights the importance of getting quality sleep.
- Helps children understand if their bedroom is set up for getting quality rest.
- Encourages children to appreciate the importance of bed times.

Part One:

1. Ask your child(ren) to name a few reasons why sleep is important.
2. Now ask the them to take turns listing things which help sleep and things which hinder sleep.
3. Get two pieces of paper. Label one as 'Helps' and the other as 'Hinderences'.
4. Ask your child(ren) to suggest as many things they can think of that fit into each category.

Part Two:

1. Invite everybody to draw a floor plan of a bedroom (have a floor plan drawn out for an example).
2. The bedroom can be real or fictional. It can be for a character or for themselves.
3. Ask the children to mark aspects of the room that helps them sleep with a green pen, and hinderences with a red pen.
4. Get everybody to share their and compare designs, explaining the helps and hinderences they've spotted.