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| <b>Year 9</b>                             | <b>Lesson 1 Importance of Sleep</b>  |
| <b>Ground Rules</b>                       | <b>Slide of ground rules</b>   |
| <b>Warm-up</b>                            | <p>Introduction slide outlining the importance of sleep to physical and mental health</p> <p>How Much Do You Know About Sleep? – A short quiz to gauge students understanding of what impacts on sleep allowing them to take action to address any issues they may face</p> <p>Answers, Feedback and Class Discussion</p> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul>  |
| <b>Lesson Aims</b>                        | <p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> <li>• Understand the importance of sleep to maintain physical, mental and emotional health and wellbeing</li> <li>• Learn how to manage our sleep to maintain positive mental health</li> </ul>   |
| <b>Why Do We Sleep?</b>                   | <p>Why do we Sleep? - looking at some of the key areas and benefits of sleep</p>   |
| <b>Lack Of Sleep</b>                      | <p>Class Exercise:</p> <ul style="list-style-type: none"> <li>• What impact can lack of sleep have on the way we look, feel and act?</li> </ul> <p>Feedback and Class Discussion – use next 3 slides looking at the impact on individuals of not sleeping properly and how it affects our performance and lack of sleep seriously affects your health, some of the impacts of lack of sleep on our health and mind</p> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul> |
| <b>Sleeping Positions And Personality</b> | <p>Sleeping Positions, details of some research into 6 common sleeping positions and the possible link between these and an individual’s personality</p>   |
| <b>Junk Sleep</b>                         | <p>Looking at how use of electrical gadgets is leading to not enough or poor quality sleep</p>   |
| <b>Importance of Sleep</b>                | <p><a href="#">Importance of Sleep</a></p> <p>A short video identifying the health benefits of sleep and tips for improving its quality</p> <p>Feedback and Class Discussion</p> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul>   |
| <b>Sleeping Tips</b>                      | <p>Class Exercise:</p> <ul style="list-style-type: none"> <li>• What tips could you give someone who wants sleep better?</li> </ul> <p>Feedback and Class Discussion – use examples: Sleep Tips and compare with feedback</p> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul>  |

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| <b>Your Bedroom And Sleep</b> | <p>In Groups of 4:</p> <ul style="list-style-type: none"> <li>• Your bedroom is your sanctuary from the stresses of the day</li> <li>• Use your senses to create the best environment for sleep wherever you can</li> <li>• What can you do to improve sleep in relation to: <ul style="list-style-type: none"> <li>– Taste, eating and drinking?</li> <li>– Smell, breathing?</li> <li>– Hearing, noise?</li> <li>– Seeing, sight?</li> <li>– Touch, temperature?</li> </ul> </li> <li>• Each group member will draw a plan of your bedroom using the template and mark on it anything that might be disturbing your sleep</li> </ul> <p>Feedback and Class Discussion using the examples on Taste, Smell, Hear, See and Touch</p> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul> |
| <b>My Sleep Pattern</b>       | <p>Personal Exercise:</p> <ul style="list-style-type: none"> <li>• Do you go to bed when you are tired or does someone else tell you when to go?</li> <li>• What key signs or symptoms of tiredness do you experience?</li> <li>• Do you fight or accept them by going to bed?</li> <li>• Create a wind-down list that you will undertake ahead of going to bed</li> <li>• Be prepared to share this with the class</li> </ul> <ul style="list-style-type: none"> <li>• Teacher can record as appropriate</li> </ul>  |
| <b>Help and Support</b>       | <p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the ‘Your guide to children and young people’s emotional health services</p>   |
| <b>Evaluation</b>             | <p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> <li>• Use ‘What I Learned Today’ evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.</li> </ul>  |