



9 Healthy Sleep Habits

Key focus points

- Healthy vs Unhealthy Sleep Habits
- Creating a bedtime routine that both kids and parents can follow

Previous Lesson Recap

Last week we talked about healthy screen time habits. You each got to make dice with fun activities you can do instead of watch t.v. or play video games.

Optional questions

- *What are some of the healthy screen time habits you remember from last week?*
- *What are some of the unhealthy screen time habits?*

Lesson Intro

Today we're going to learn about healthy sleep habits. First we are going to learn about why sleep is so important.



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Lesson Prep

- Make copies of the Healthy Sleep Habits Worksheet and the Sleep Habits cut-outs
- Cut out the Sleep Habits cut-outs
- Activity set up: Hand out worksheets and cut-outs enough for each child and glue sticks on each table for children to share

Supplies

- Healthy Sleep Habits Worksheet
- Book “The Berenstain Bears Say Good-night”
- Parent newsletter
- Sleep Routine Activity Worksheet
- Sleep Habits Cut-Outs
- Glue sticks



9 Healthy Sleep Habits

1. Introduction:

- *Why do you think it's good to sleep?*
- Helps you feel happy!
- Sleep gives you more energy so you can spend more time playing with your friends instead of feeling tired.
- Getting a good night's rest can help you focus on school better.

Great! We are going to talk about two different types of bedtime habits. Healthy Habits- which help us get a good night's rest, and unhealthy habits- which makes it hard for us to fall asleep or stay asleep.





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- *What are healthy habits to do before bed?*
 - Brushing your teeth
 - Take a bath
 - Read a story or listen to a lullaby
 - Changing into your comfy pajamas!
- *What are unhealthy habits to do before bed? OR what are things that make it hard to fall asleep?*
 - Watching TV/ playing video games
 - Drinking pop
 - Eating any kinds of junk food (chocolate, cookies, ice cream)
- *How many hours of sleep should you get every night?*
 - Preschoolers (3 to 5 years of age) 10 to 13 hours (including naps)
 - Gradeschoolers (6 to 12 years of age) 9 to 12 hours

It is important to make sure you get enough sleep every night so that you are happier and have enough energy to play all day!



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2. Activity:

Activity as a group:

Today we are going to look at some pictures! Once I show you the picture I want you to put your thumbs up if you think this is a healthy sleep habit, something that you should do before going to bed and put your thumbs down if you think it is a bad habit, something that will not help you before sleeping.

- Hold up the various Sleep Habit Display cards.
- Have children give a thumbs up if it is healthy or a thumbs down if it is not healthy

Healthy activities:

- Read a book
- Go to bed at the same time each night
- Change into comfy pajamas
- Take a bath

Unhealthy Activities

- Drink a can of soda
- Sleep with pets
- Watch TV or play video games
- Start dancing



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Tips

Remind students to remember these habits so they can develop their own healthy bedtime routines.

- Once you have gone through the cards as a group, make sure each child has a Sleep Routine Activity Worksheet (see Activity folder for template).
- Make sure there are enough cutouts of bedtime habits for each child to choose from (See Activity folder for cards to copy and cut).

Individual Activity:

Now, you are going to find the pictures of healthy bedtime habits and glue them to your worksheet in each of the squares.



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3. Book “The Berenstain Bears Say Goodnight”:

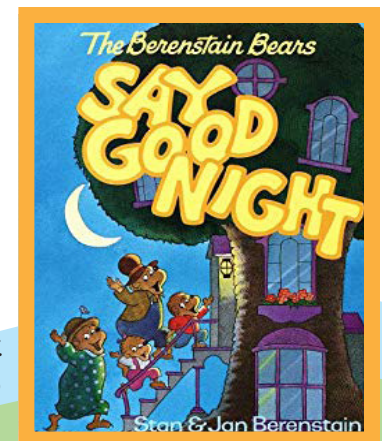
Introduce the book:

I hope all these activities about going to bed is not making you that sleepy because we have a book to read! We are going to read “The Berenstain Bears Say Goodnight”

Guiding questions

- *What are some things the Berenstain Bears do before going to bed?*
- *Do you do any of the things the Berenstain Bears do before going to bed?*
- *What sort of things have you learned to do before bed that will help you sleep?*

Berenstain, The Berenstain Bears Say Goodnight
Random House New York, 1996



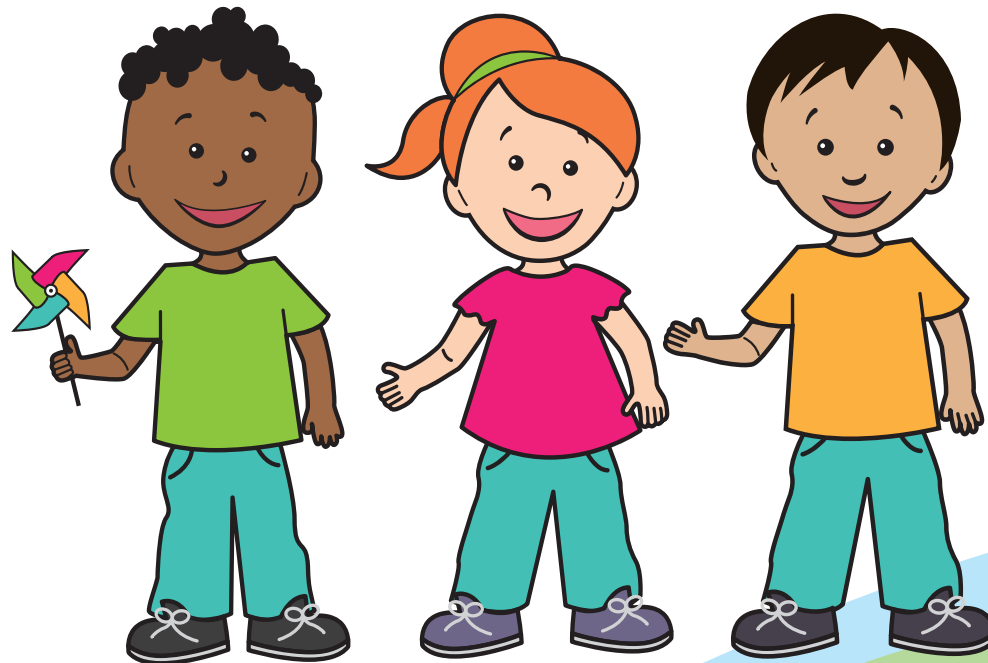


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4. Recap:

Today we talked about healthy sleep habits. We talked about the differences between healthy and unhealthy sleep habits.

- Can someone remind me what an unhealthy sleep habit is? How about a healthy sleep habit?*
- Can someone tell me how many hours of sleep you should get every night?*





**Drink a
Can of
Soda**



Sleep with Pets



**Read a
book
before
going to
bed**

**Go to
bed at
the same
time
each
night**





**Watch TV or play
video games while
going to bed.**



Start dancing!



**Change into
comfy pajamas!**



**Take a
bath
before
bedtime**

_____ 's Bedtime



Here are Healthy Habits one can do each night before bed! There are some blank spaces to add your own!



**Take a bath
before
bedtime.**



**Take a bath
before
bedtime.**

**Go to bed at
the same
time each
night.**



**Go to bed at
the same
time each
night.**

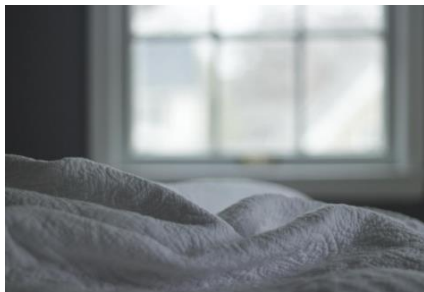


**Read a book
before going
to bed.**



**Read a book
before going
to bed.**

**Sleep in a
dark room**



**Sleep in a
dark room**



**Change into
comfy
pajamas!**



**Change into
comfy
pajamas!**

Healthy Sleep Habits

Did You Know?

Kids aged 5 to 12 years old need 10-11 hours of sleep per night.

There are many foods that help children fall asleep. Serve a small snack about 30 minutes before bedtime that contain one of the following:

- Bananas
- Turkey
- Peanuts
- Yogurt
- Milk*

*Limit liquids before bed.



Try These!

Try these ideas to help your child have better sleep!

- Make a bedtime routine that helps the child start winding down 30 minutes before he/ she needs to be in bed.
- Track sleep: See if your child sleeps 10-11 hours. Stretch before bedtime.
- Read a story before bedtime.
- Make a bedtime snack with one of the ideas mentioned above.

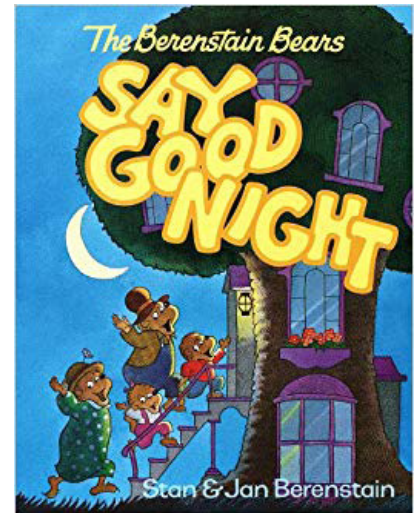
Sprouts

Growing Healthy Habits



Healthy Sleep Habits

In this lesson your child learned the importance of making a healthy sleep routine to get enough rest and have energy the next day. For a fun read before bedtime *The Berenstain Bears Say Good Night* is a book about the routines a family does before going to sleep.



Reasons to Limit Screen Time

- Have a sleep routine. Try to keep your child's sleep routine consistent. Make sure your child goes to bed at the same time every night.
- Do some stretching. Do some gentle stretching before bedtime. Stretching can help children unwind and relax before bed.
- Wear comfortable pajamas. Have kids wear loose and comfortable clothing to bed. Warm feet also naturally help you get tired, so layer on socks, slippers, or footed pajamas!
- Stories. Read or tell your child a story when they are already in bed. Use calm and soothing voices to help your child drift to sleep.
- Keep TV and computers out of the bedroom. It takes longer for children to fall asleep when their brains have been active. Kids sleep longer and have better sleep when they don't have TV or computers in their room.