

Lesson 1 Sleep Year 3 | Journaling Scaffold

Name

VOCABULARY:

tired

focus

Tornado Zone

fresh

trigger

1. How much sleep should a Year 3 child get every night?



2. What happens to us if we don't get enough sleep?



3. How will you use the learning from this lesson in your life?

HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt.....

How can you use today's learning in your life?

I can use today's lesson when

List two interesting ideas from today's lesson.

I found interesting because

Draw something about today's lesson.

