

# Lesson 1 Sleep Year 4 | Journaling Scaffold

Name .....

## VOCABULARY:

tired

focus

Tornado Zone

impact

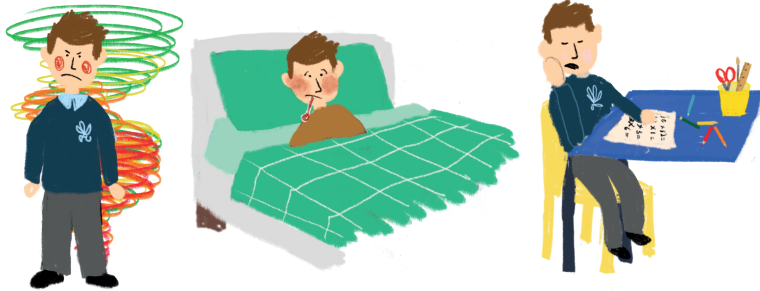
fresh

trigger

immune system

harmless

1. What happens when we don't get enough sleep?



2. There will be some days when we feel tired. What should we do when we feel tired?



3. What has this lesson taught you about sleep? How will you use this learning 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.

