

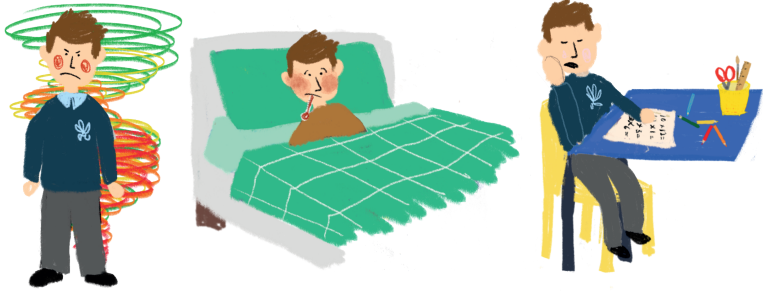
Lesson 1 Sleep Year 5 | Journaling Scaffold

Name

VOCABULARY:

tired
focus
Tornado Zone
screens
sensitive
fresh
trigger
sleep stopper
obesity

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



2. What are the sleep stoppers? What can you do to stop them impacting your life too much?



3. "I don't care about sleep. I would much prefer to spend the evening on my iPad." What would you say to this person?

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.

