

Lesson 1 Sleep Year 2 | Journaling Scaffold

Name

I. Why is sleep important?



VOCABULARY:

tired
focus
Tornado Zone
immune system
trigger

2. What stops children getting 9-11 hours of sleep?



HELPFUL SENTENCE STEMS

- 1) Sleep is important because _____.
- 2) If you do not get enough sleep _____.
- 3) The things that stop children getting enough sleep are _____.

