

Lesson 1 Sleep Year 2 | Journaling Scaffold

Name

VOCABULARY:

tired

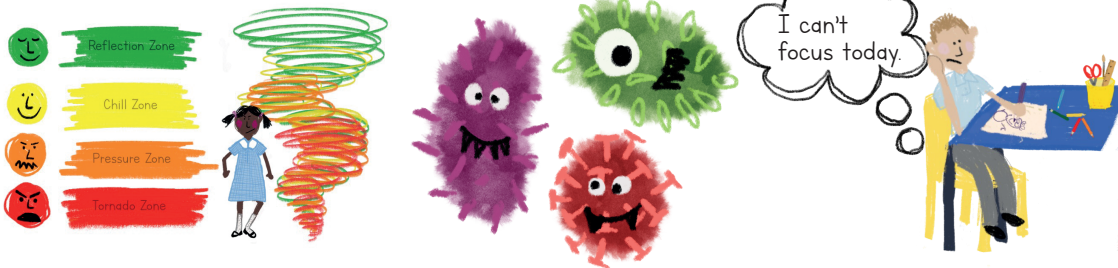
focus

Tornado Zone

immune system

trigger

1. Why is sleep important?



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

