

# Lesson 1 Sleep Year 6 | Journaling Scaffold

Name .....

1. Why is a lack of sleep harmful?



2. List the positive sleep habits. Which do you find most challenging?



3. Reflect on your mindfulness experience. Did it help you to relax?

## 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.

**VOCABULARY:**  
immune system  
Tornado Zone  
screens  
insomnia  
trigger  
sleep stopper  
mindfulness  
severe  
routine  
devices

