

Lesson 1 Sleep Year 6 | Journaling Scaffold

Name

VOCABULARY:

immune system

Tornado Zone

screens

insomnia

trigger

sleep stopper

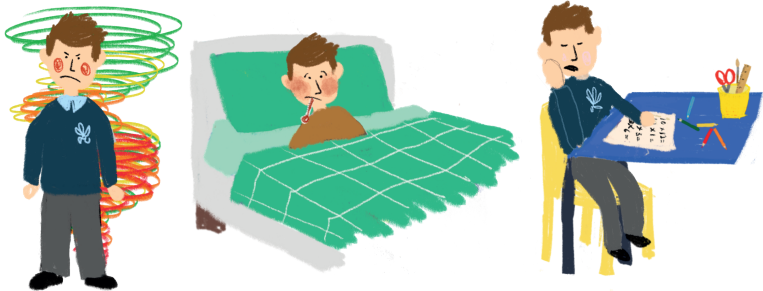
mindfulness

severe

routine

devices

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.

