**Why Do We Sleep?**

Sleep keeps us healthy and functioning well. It lets your body and brain repair, restore, and reenergise. Not getting enough sleep may affect our memory, focus and our mood.

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**KS1 Activity**

For this activity we will be creating a Dream Journal. A dream journal helps tell other people what we saw in our dreams when we were asleep. You will need a piece of paper and colouring pens!

**Task 1:** Can you draw a picture of what you saw in your dream last night on a piece of paper?

**Task 2:** Can you write a little sentence to describe the dream and what you think it meant?

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**KS2 Activity**

For this activity you are going to write a sleep journal!

1. To start off your sleep diary, you will need a pen, paper and colouring pens.
2. Every day for a week, you will write the answers to the 'Sleep Diary Questions' on a piece of paper, don’t forget to write the date on top!
3. Do your sleep diary every day for a week! But don’t forget to decorate each page!
4. Let’s reflect! Look back through your sleep journal and have a think about how you can sleep better!

**Sleep Diary Questions**

These questions might help you start your sleep diary...

- What time did you go to bed last night?
- How many times did you wake up last night?
- What time did you wake up this morning?
- Did you eat or drink anything before bed?
- What did you do before bed?
- How many hours did you sleep for?
- Between 1 to 5 (1 being the worst and 5 being the best), how would you rate your sleep?

**Monday 27th April**

- I woke up once, to go to the bathroom
- I woke up at 6am this morning
- I slept for 9 hours last night!
- Before bed I read my favourite book
- Before bed I drank a glass of water
- I would rate my sleep as a 4 out of 5

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#SUPERYUMMY #SIMPLYDELICIOUS