

INTRODUCTION:

Getting a good night sleep is very important for our mental and physical wellbeing. These activities will help us explore our sleep in more depth, whether we are investigating our dreams or our bedtime routine.

RECIPE TIPS:

- Why not jazz your Fluffy Cheesy Potato Pillows up, by adding in a different coloured potato, such as sweet potato? You can even buy purple potatoes (although they may be a little harder to find in a supermarket).

ACTIVITY TIPS:

- KS1 - If your child struggles to remember their dream, leave the paper and pen near their bed, so they can complete the activity whilst they still remember their dream!
- KS2 - Why not try some new or different activities to help wind down before bedtime? For example, read a book, listen to calming music, meditate, practice yoga and drawing.

NUTRITION NUGGET:



- Did you know that potatoes don't count towards one of your five a day? That is because potatoes can give us lots of energy, meaning we class them as a carbohydrate. However, we can still get lots of great nutrients from potatoes, including fibre, potassium and B vitamins.
- We suggest when eating potatoes to leave the skins on, as this gives our body more fibre and nutrients.

CURRICULUM LINKS:

- PSHE - To understand the importance of sleep in our daily routines.

TOOLS REQUIRED:

- Pencil/Pen, Felt tips/ colouring pencils, and paper.

