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| **Year Level:** Prep | **Theme:** My Healthy Brain | **Lesson 4:** My Brain Needs Sleep |
| **Teacher consider Student Wild Brain needs:** e.g. Create Calm; play a ‘Get Centred” Activity; Review Classroom Organisation | **Teacher consider Student Emotional Brain needs:** e.g. Check-In; Reassure students; Student proximity to teacher and/or peers |
| **Learning aims/objectives:** * *Students are aware that the human brain needs sleep to help it rest and reenergise for the next day.*
* *Students are aware that they should have a good bedtime routine so they can have a good night of sleep.*

**Learning/inquiry questions:** * *Why does your brain need sleep?*
* *What is a good bedtime routine?*
* *What things might prevent a good night’s sleep?*
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| **Hook:** Teacher has a pillowcase. Inside the pillowcase is a variety of bedtime routine aids. e.g. teddy, toothbrush, book, cushions, music cd, pyjamas, visuals/models of: a bath, bed, pillow, dinner etcTeacher – “What is in my pillow case that helps me to get ready for bed and have a good night’s sleep so my brain is ready for the next day?”  |
| **Line:**1. Teacher asks students to guess what they think they might need to have a good night’s sleep. Take out each item and discuss why these are good for a bedtime routine.
2. Who has/does these?
3. Discuss: Why does your brain need sleep?
* You are not tired at school.
* You can listen to the teacher.
* You can do your school work and learn.
* You can have lots of energy to play with your friends.
1. Discuss some of the things that might not help a good night’s sleep? e.g. Television, Screen games, late night, not sleeping in your bed etc
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| **Sinker: Student Activity****Prep Worksheet 3 –** The Skull & The BrainStudents draw/glue on pictures of items that they think are important for a good sleep routine. |
| **How can I ensure each student will leave smiling? How can I celebrate the learning success of each student?** |
| **Materials/Resources****Reboot resources:*** **Prep Worksheet 3:** TheSkull & The Brain

**Other:*** Scissors
* Glue
* Pencils
* Pillow case with bedtime routine aids/visuals/models
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**Prep Worksheet 3: Skull and Brain**

