

# Year 4 PSHE

Summer Term 2

Week 5 and 6



# Sleep!

# Week 5 – Falling asleep activities

This week, I have provided some activities suggest by the Gloucestershire Healthy Living and Learning to help you fall asleep. If you can, choose one and see if it helps you to fall asleep.

For this PHSE, you may need an adult to help you complete the activity (however, as its all about sleep, it will be when you go to bed!)



## Stop and Take a Breath

Lie down in a comfortable position. Close your eyes or look down at your hands.

Pay attention to your breathing. Gently breathe in through your nose, and then slowly breathe out.

Keep your shoulders relaxed. As you breathe you can notice the air coming into your body and going out again. If your mind tries to think about other things, bring your attention back to your breath.

Feel your stomach rising and falling. Keep your tummy soft and relaxed.

Open your eyes slowly and take another slow, deep breath with your eyes open.

(Any time we are aware of our breathing, whatever we experience in the moment improves — if we are happy, we become happier and if we are suffering, breathing helps us to suffer less, to calm down and to see things more clearly.)



## **Slumber Script**

Ensure that you are getting into bed in full readiness to sleep. You may have already had a warm bath or shower, maybe a warm caffeine-free drink. Your bedroom should be quiet and dark and you should feel safe and comfortable in your bed. Keep a notebook and pen handy in case thoughts or jobs pop into your head that disturb you; write them down and leave them on the page. They can have your attention in the morning but the night is for sleeping.

Have a good stretch out to start. Try to imagine each of your joints being gently pulled away from your body from the tips of your toes to your head. Pay particular attention to your shoulders and neck as we often carry tension around these parts. Find your sleep position and really think about how each part of your body feels to be in this position. Think about what parts of your body are making contact with the bed. Notice how the bedding or your night clothes feel against your skin. Notice what you can smell. Laundry powder? Your soap or shower gel? Maybe your deodorant or natural body scent?

Allow any sounds to come and go, let them drift past your senses and focus on the physical sensation of being in your bed. Think about your head on your pillow. Maybe your cheek is resting against the pillow. Think about how heavy your head and body feel as they sink into the bedding, how calm and still you are. Think about the warmth of the duvet as it covers you. Other thoughts may pop into your head but just let them go again. Take your attention back to the sensation of being in bed. Maybe take your attention to your breathing, the feeling of your chest filling as you inhale and falling as you exhale. Perhaps notice how your breathing deepens as you become more and more relaxed.



## Bubbles Visualisation

Sometimes our minds feel full of too much information, busy and sometimes stressful. You might find this visualisation helpful in letting go of some of these worries to help your mind feel restful.

Imagine that you have a bottle of bubble mixture. Imagine the bottle. What shape is it? Maybe it's tall and narrow, maybe its heart shaped or twisty. Think about what colour it is. Maybe there is a label on it with a picture... imagine what that might be. Let's open that bottle. Imagine that you are twisting the top off... slowly, carefully so that you keep lots of the mixture inside. The bubble wand is attached to the lid... what colour is the wand? Imagine the shape of the wand; is it a simple little rounded one? Or maybe it has more than one circle on it... or maybe even a different shape?

Now, take a big breath in through your nose, slow and steady. Fill up your chest with that big, deep breath... hold it! Very carefully and very slowly, blow a long steady stream of air into your bubble wand. Imagine blowing a big bubble... bigger and bigger, so big that the bubble gently pulls away from your wand and drifts up into the air. What a fabulous bubble! Imagine how beautiful it looks as the light catches it... think about the rainbow colours you see swirling softly across its surface. Try another. Take another big breath in through your nose, slow and steady. Fill up your chest with that big, deep breath... hold it! Very carefully and very slowly, blow a long steady stream of air into your bubble wand again. Wow! That must have been even bigger!

Let's try again. This time, I want you to blow a magic bubble, a bubble that can hold a worry inside. Think of that worry, a thought that bothers you that you want to blow away. Take a big breath in through your nose, slow and steady. Fill up your chest with that big, deep breath... hold it! Imagine that when you blow, that worry will drift into your magic bubble. Very carefully and very slowly, blow a long steady stream of air into your bubble wand... blow that worry steadily into your bubble and watch it drift up into the sky. Imagine it held magically in your bubble and imagine that it is drifting far, far into the sky until you can no longer see it.

Let's blow a few more bubbles. You choose if you want to put a worry inside or if you just want to imagine them drifting off into the sky.



# Week 6 – can you help others?

## Your task

This week, you are going to use all the information you have learnt to offer advice to children who are struggling to sleep. Write your advice below the situation. Think about a good routine, a good sleeping environment and what you should do before bed.

### Situation A

I am an 8-year-old boy. I wake up a lot in the night having bad dreams. I always run through to my mum and dad's room because I don't know what else to do to stop having the bad dreams. They aren't always that pleased to see me in the middle of the night!!! Please help.

Jamie

### Advice

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## Situation B

I am a 5-year-old girl called Michaela. I love staying up late playing with my toys when my mum thinks that I am asleep. Sometimes I don't go to sleep until after 10pm. In the morning I have to be up for school by 6.30am on school days and I find it really hard because I'm still so sleepy. My parents think I just don't like mornings. My 12-year-old brother doesn't go to bed till 10pm so I don't see why I can't stay up that late. Anyone got any ideas? Thanks, Michaela

### Advice

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## Situation C

My name is Felicity and I am 15-years-old. I have recently joined a new school. I don't have many friends yet and I am really getting anxious about my GCSEs which are coming up this year. I hate exams and really don't want to look stupid. I have a computer in my room which is great because I can do work on it until just before bedtime which will help me do better at school, right? As soon as I've finished working I just fall into bed because I'm so tired. Most nights I lie in bed at night just not able to sleep at all. The more I try to sleep, the harder it seems to be to get to sleep. It sounds silly but I have no idea how to make myself sleep, even though I feel exhausted. Help me please! Felicity Xx

### Advice

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## Situation D

I am called Jonathan and I am quite sporty. I have swimming, rugby, football and cricket practices (depending on the season) to fit into my already busy after-school time. By the time I've done my spellings and my maths homework I am ready to drop! Sometimes I just fall into bed when I get in from practice and wake up with a horrible taste in my mouth and having tossed and turned all night. Sometimes I can't even get to sleep even though I'm exhausted. Anyone got any ideas to help me get to sleep?  
Jonathan

## Advice

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## Situation E

*I am one of 6 children in our house. We all share two bedrooms (they are quite big though!) and life can feel pretty hectic at times. It's a bit of a mad house. Bedtime is AWFUL though as we all mess around and often end up fighting just before we're supposed to be in bed asleep. I'm beginning to really notice that when I don't get to bed on time, I'm yawning lots the next day and really struggling to concentrate. Why is that please? And has anyone got any good ideas to try to improve our family bedtime? Robin*

## Advice

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#### Situation A

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#### Situation B

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#### Situation E

I am one of 6 children in our house. We all share two bedrooms (they are quite big though!) and life can feel pretty hectic at times. It's a bit of a mad house. Bedtime is AWFUL though as we all mess around and often end up fighting just before we're supposed to be in bed asleep. I'm beginning to really notice that when I don't get to bed on time, I'm yawning lots the next day and really struggling to concentrate. Why is that please? And has anyone got any good ideas to try to improve our family bedtime? Robin

#### Situation F

My name is Jen and I am really embarrassed to say that I think I must be sleepwalking. My sister is always laughing at the fact that I was 'up and about' again last night or whatever, and I really don't remember anything about it. Could someone please tell me if there is something wrong with me? Apparently I picked up the cat the other night when it was asleep and it scratched me. I don't remember it at all. What on earth can I do about it? If I don't even remember what I so say did the night before, how on earth can I stop it? I've tried not sleeping but somehow I always drop off to sleep and it seems that those nights I'm worse! Help please. Jen x