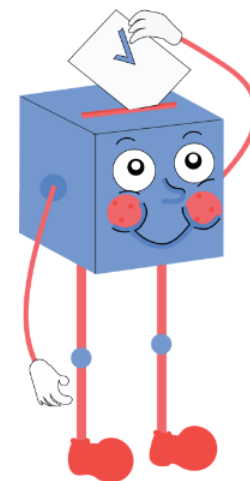


Article 31: "You have the right to play & rest."



CRC30 YEARS
CONVENTION ON THE
RIGHTS OF THE CHILD



OTESFORSCHOOLS KS2



Parents/Carers & Pupils:

This lesson works best in "Full Screen" mode – click the icon at the bottom right of your screen or use the "F5" key to start from the beginning. Use the space bar, mouse or arrow keys to click through!



Be informed.



Be curious.



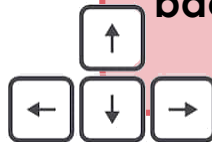
Be heard.

How to use this lesson...

Use these **buttons** to get the most out of your lesson.



Find this **button** in the bottom right of you screen to **start your lesson**.



Use the **arrow keys** to **go forwards and backwards** through your lesson.



To go back to your normal screen, **press the esc key** on your keyboard.

Learning from home?

Here are some **ideas of how to get the most out of this lesson at home**.



Ask an adult to **arrange a video call** so you can do some of the **activities with a friend**.



Explore the topic with a **parent or caregiver**: how is their opinion different to yours?



Teach a younger sibling or relative about how **VotesforSchools** works!

In the classroom?

Look out for these boxes to see how to make the most of the activities!

Parents' & Carers' Note:

Please see the Notes section below each slide for any further guidance.

Don't forget to vote...

You can find the link to do this on the final slide. Get your whole household involved!

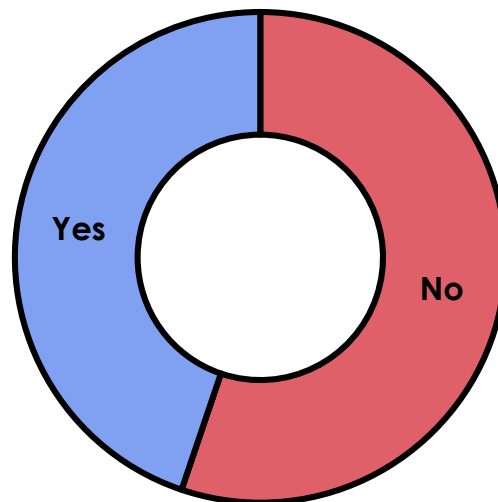


Feedback: "Should every country follow the same Coronavirus advice?"




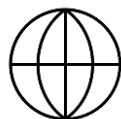
"I think that all countries should follow the same Coronavirus advice because if we didn't and one of the advices is advanced and one is less advanced, then the country with the less advanced one might have way more people with Coronavirus."

Lea Forest School



 Yes
44.8%

 No
55.2%



"Different countries have different care systems and are run in different ways so how one country does it may not be good for a different country."

Royal Alexandra & Albert School

0:00-
1:44

Remember **Wilf & Rufus**? They starred in the original lesson all the way from Barcelona, Spain! **Click the image to hear what they had to say about this week's results!**





Be informed!



Here's what's been in the news this week...

Back to school?



Turtles love lockdown!

The Government has announced that **some of you will go back to school next month**, but what will be different? **Click the image to hear from some children at school in Denmark.**

Endangered turtles are on the rise, as fewer people are going to beaches and **disturbing their habitats**. They lay their **eggs on beaches in the spring**, and it is important that they **are not disturbed!**

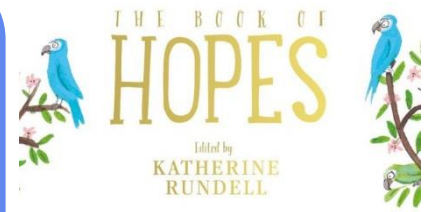


Some scientists think that **Coronavirus antibodies could help us leave lockdown**. Special tests will **show who has already had the virus**, so that they can stop isolating.

COVID-19: Are antibodies the answer?

A hopeful new book...

More than 100 **authors and illustrators** have joined up to make this **completely free eBook for children during the pandemic!** Click the image to read the book online.



Read it for free: literacytrust.org.uk/bookofhopes





Starter: Put a finger down...



**Put a finger down...
(5 mins)**

Read through the following statements. Put a finger down for each one that applies to you!



If you **play on a tablet or phone** in bed.

If you've been so tired that you've had to **take a nap**.



If you've **ever slept through your alarm** and been late.

If you've ever **fallen asleep at school**.



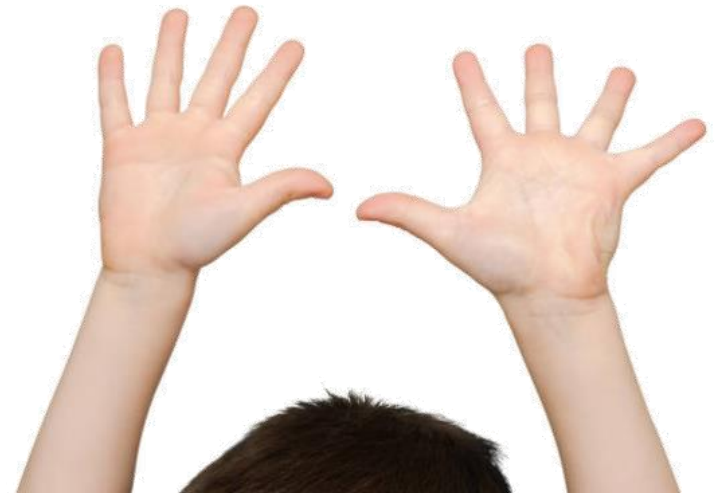
If you can't sleep without a **toy or teddy**.

If you have ever **stayed up past midnight!**



If you like **a snack before bed**.

If you **share a bedroom** with someone else.



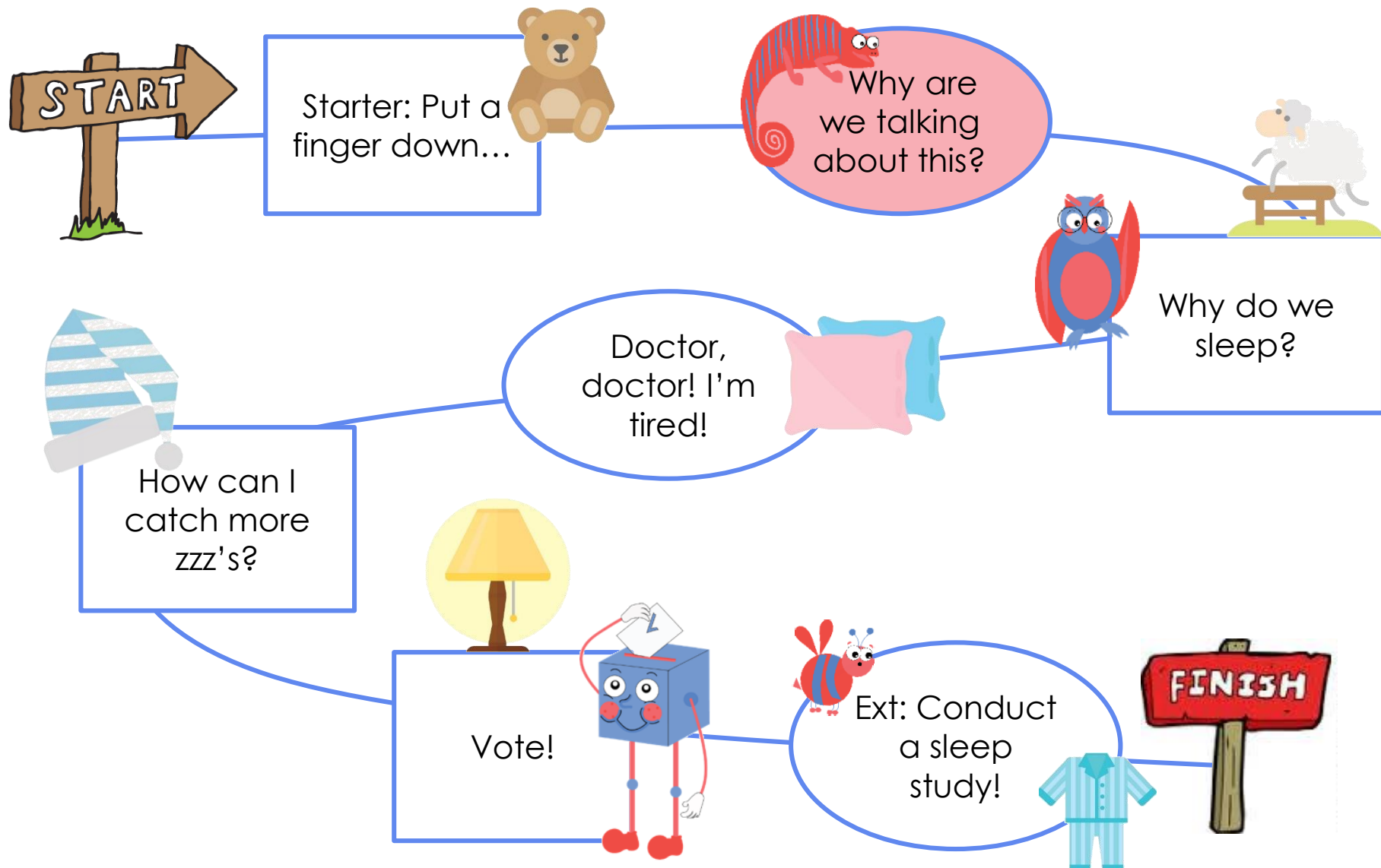
Do you get **enough sleep**?



Please Note:

If you are concerned about anything discussed in this lesson, you can find some useful resources on the last slide.

Our learning journey for this week!





Why are we talking about this?



This week is **Mental Health Awareness Week!**

The theme this year was going to be “**Sleep**” but due to the Coronavirus, it has been changed to “**Kindness**”.

But did you know that sleep is **extremely important** for your **mental health**?

Mental Health
Awareness Week

18-24 May 2020
theme is...

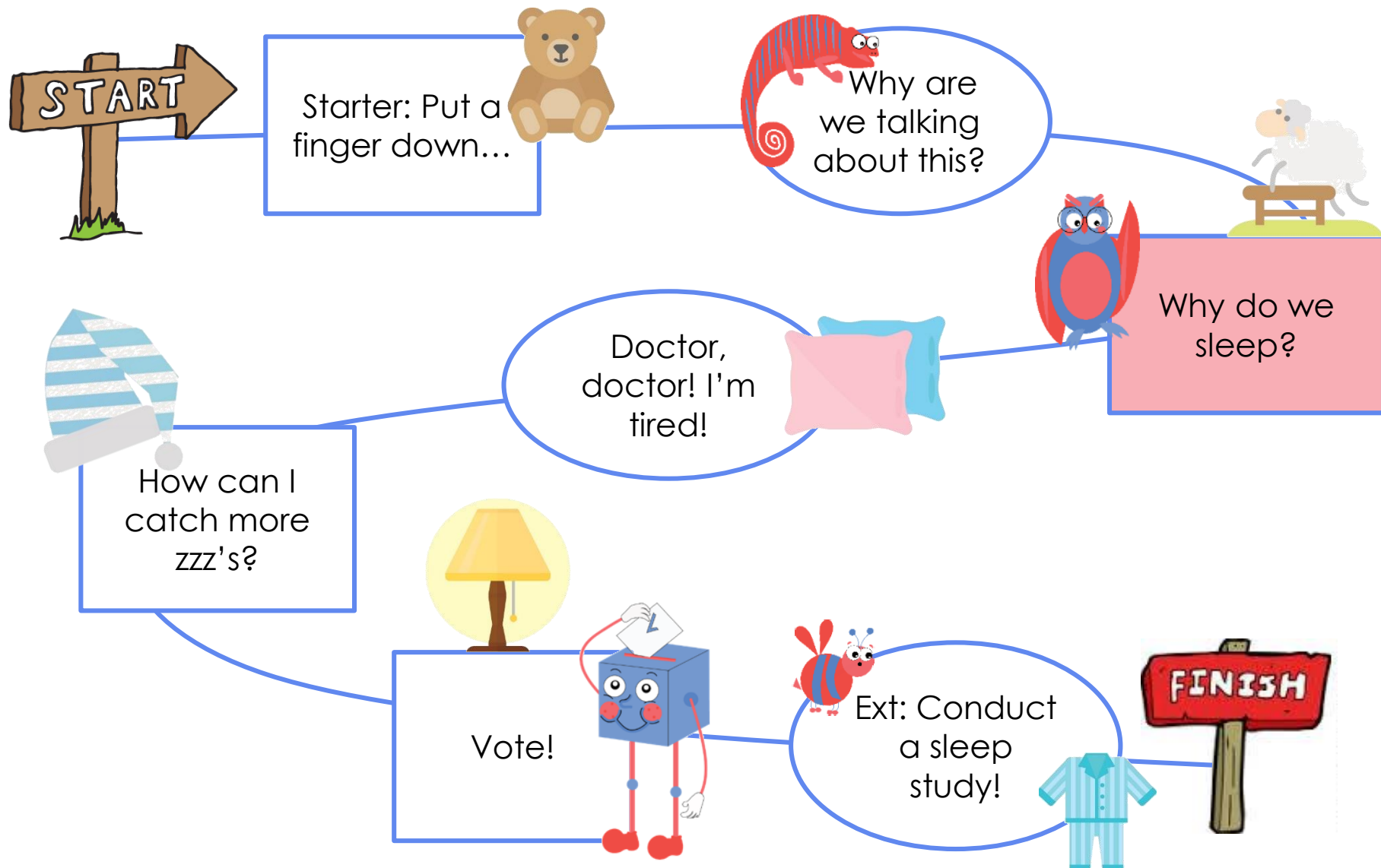
SLEEP



Being locked down has been **affecting many people's sleep** – from finding it **harder than usual** to **fall asleep** to having **strong, powerful dreams** when they do!

Have you had any
strange dreams
during lockdown?

Our learning journey for this week!



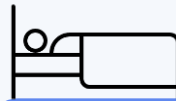
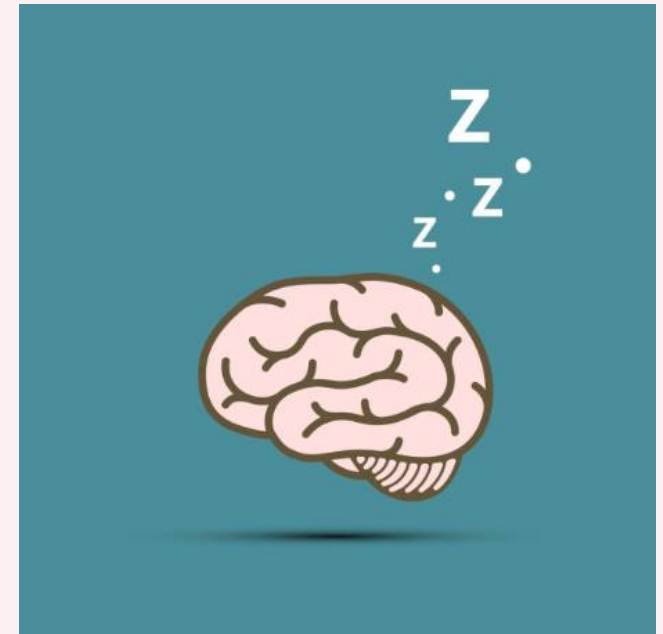


Why do we sleep?



Every night **we go to sleep**, but have you ever wondered **why**?

When you go to sleep, it can **feel like your brain just switches off for the night**, a bit like switching off a computer. However, **this isn't true!**



Your brain actually works just as hard when you're asleep as it does when you're awake, and without it you wouldn't feel very good at all.

Discuss (2 mins)

Think of a time when you have not had enough sleep. How did you feel afterwards?





Why do we sleep?



0:00-
4:08

WHY DO WE SLEEP?



Video not working?

Try pressing CTRL and clicking at the same time!

Watch (5-8 mins)

Click the image to watch a video all about why we sleep. Once you've done that, can you answer the questions below?



What happens to your **breathing and heart rate** while you sleep?



What happens to your **memory** while you sleep?

Are **humans** the only animals to have **dreams**?



Why do **scientists** think that we have **dreams**?



What does **REM Sleep** mean?



What's the **strangest dream** you have ever had?



Why do we sleep?



14 hours

0-3 years old



10-12 hours

4-12 years old



8-9 hours

13-18 years old



7-9 hours

19-64 years old



7-8 hours

65+ years old

As sleep is so important, **how much of it do you need?**

Guess (1 min)

Before you find out, take a guess at how much sleep you think you need!

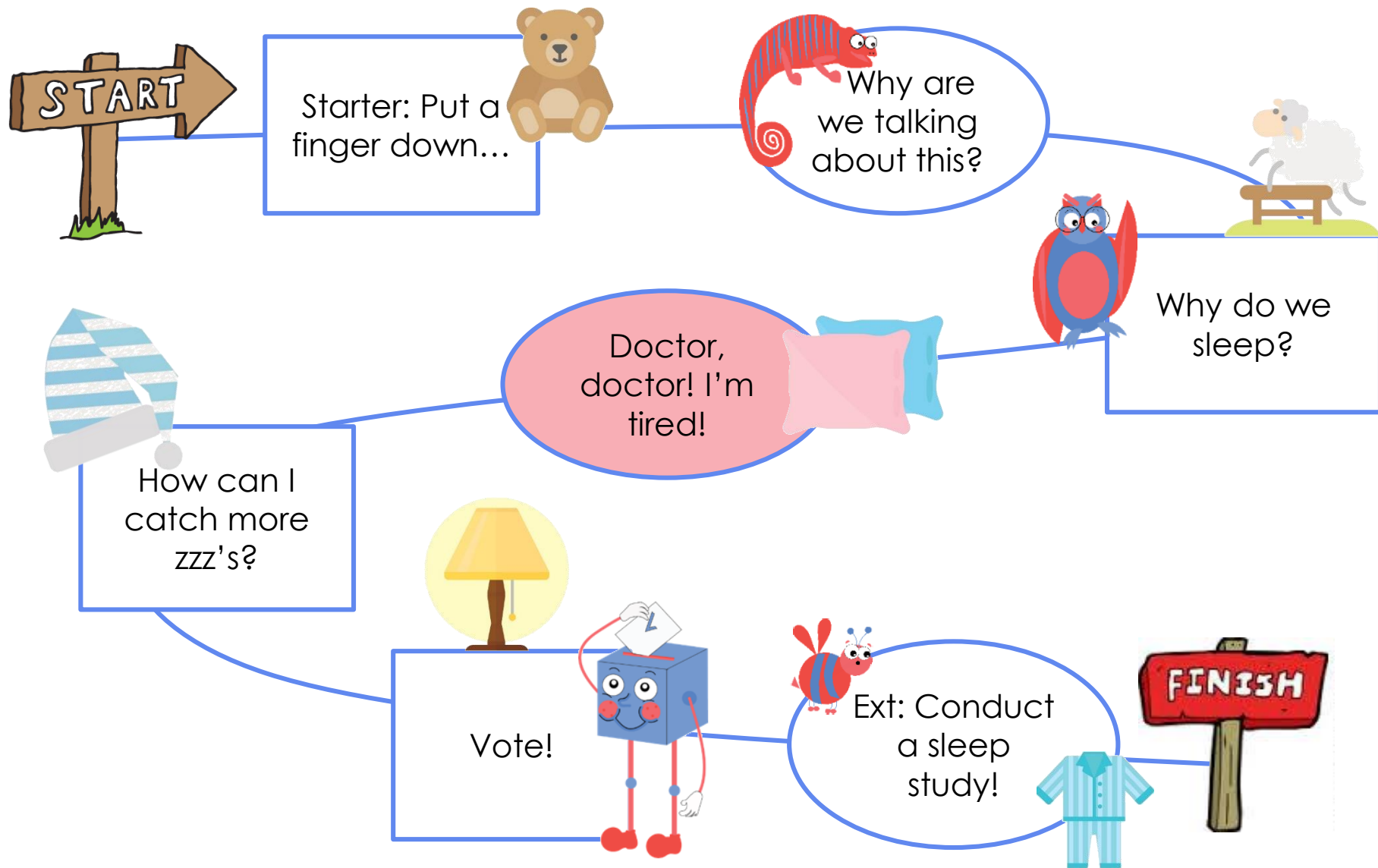
Scientists believe that **you need more sleep when you are younger**. This is because you are still **growing** and your **brain is developing** every day.

In fact, an NHS study found that by going to bed at 2am for just one night affected children's **movement, thinking and concentration skills!**

Challenge:

Work out exactly how much you slept last night. Was it enough?

Our learning journey for this week!



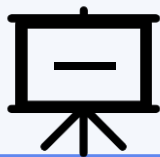


Doctor, doctor! I'm tired!



Doctor, doctor! (5-10 mins)

Imagine that you are a Sleep Doctor. On the next few slides you are going to meet some of your patients. Your job? Decide if they need more sleep!



Parents/Carers & Pupils:

This lesson works best in "Full Screen" mode – click the icon at the bottom right of your screen now!

Challenge:

As you read about each person, ask yourself if you or anyone you know is suffering from the same problem. Will more sleep help them too?





Doctor, doctor! I'm tired!



I just **can't concentrate!** Every time I go to do my school work I get **distracted**, and afterwards I completely **forget what I've learned.** Help me!

Does this person need more sleep?

Yes! When you are asleep **your brain turns what you have learned into memories**, which is how you remember things. If you don't get enough sleep, it stops this from happening and makes it **much harder to concentrate!**





Doctor, doctor! I'm tired!



Doctor, **I can't stop eating junk food!** All I want is sweets and chocolate, even though **I usually like fruit and vegetables.** What's wrong with me?

Does this person need more sleep?

Yes! When you don't get enough sleep, your body tries to get more energy through food. **"Junk" foods trick your brain into thinking you have more energy, but it doesn't last long** before you want more!





Doctor, doctor! I'm tired!



Hi Doc! I seem to be **very clumsy** at the moment. I tripped up the stairs this morning, and then I dropped a cup on the floor this afternoon. **This is very unlike me.** Can you help?

Does this person need more sleep?

Yes! Not getting enough sleep can affect your coordination, making you clumsy and forgetful. In fact, scientists say that people who do not have enough sleep can start to act like they've drunk alcohol!





Doctor, doctor! I'm tired!



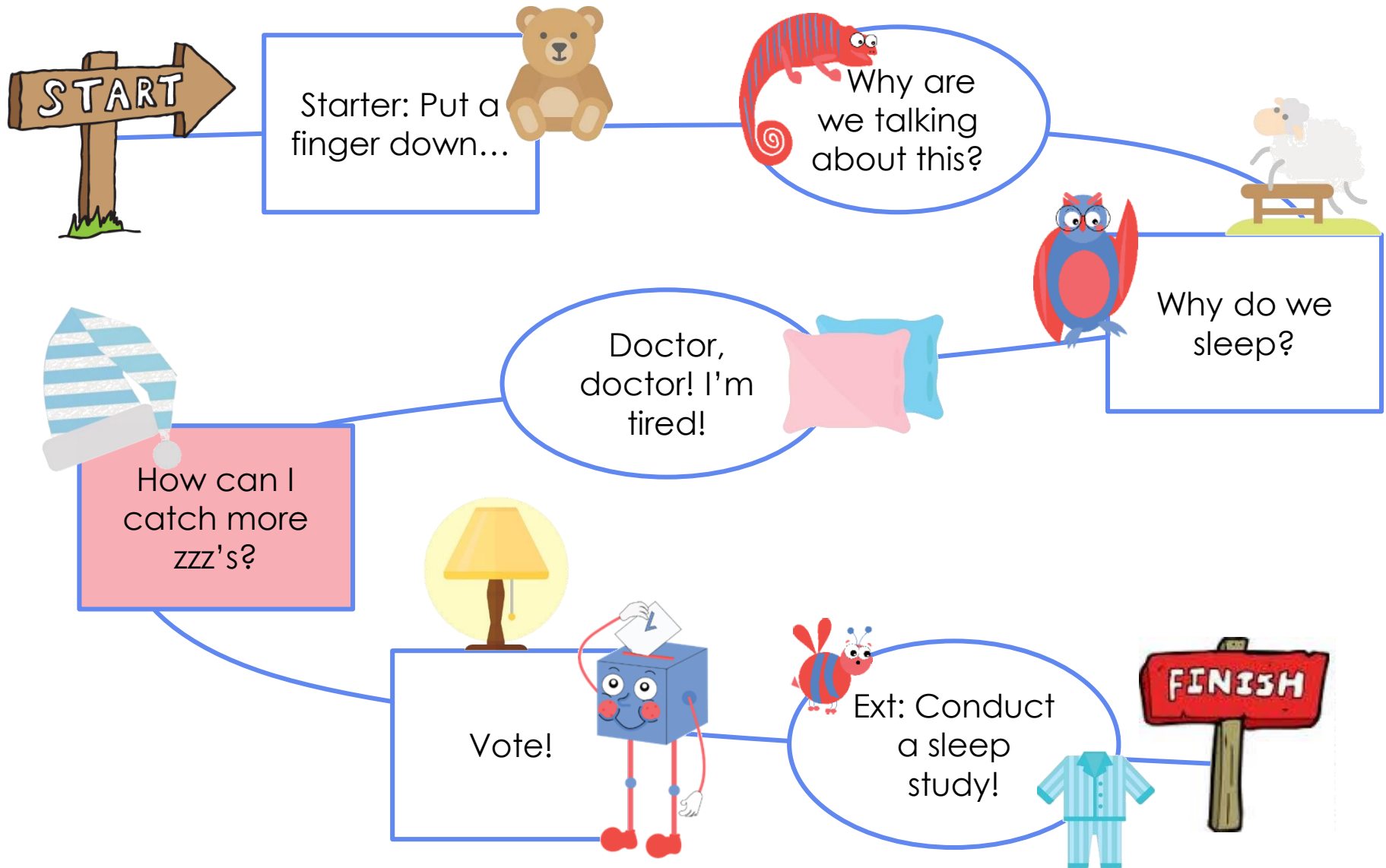
I'm **miserable**. I just **feel sad all the time**. When my brother asks to play I shout at him, and I **can't be bothered** to do my school work either. I just feel **grumpy** and **sad** today.

Does this person need more sleep?

Yes! Not getting enough sleep can affect your moods too, **making you feel sad, angry and even emotional**. The less sleep you have, the worse this feeling can get!



Our learning journey for this week!





How can I catch more zzz's?

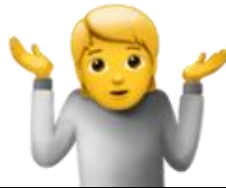


What works for you? (5-10 mins)

On the next few slides you are going to find out about some techniques that can be used to help you to sleep. For each one, use the emojis to show how you feel about them.



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!

Challenge:

If you see a suggestion you would like to try, why not write it down on a piece of paper and test it out tonight!



How can I catch more zzz's?



One of the best ways to make sure that you get enough sleep is to **wake up and go to the sleep at the same time every day.**

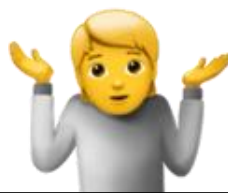
If you do this, your body will get used to the time that you go to sleep and you will find it much **easier to fall asleep and to wake up in the morning!**



Question (1 min)
Would you try this?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Some people use **meditation or relaxing sounds** to help them fall asleep at night. They can **help you to relax** and to **wind down** ready for sleep.

0:00-
1:00

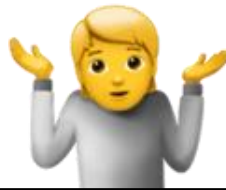


Watch (2-5 mins)
Click on the images
to hear some of
these "sleep
sounds". Would you
use any of them?

0:00-
1:25



This wouldn't
work for me!



I'm not sure. It's
worth a go!



This would work
for me!



How can I catch more zzz's?



Another way of winding down before bed is having a **warm bath** (not hot!) to **help get your temperature just right** for sleep.

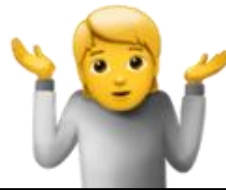
If you're already clean, you **could try having a warm drink instead**, like a glass of milk!

Question (1 min)

Would you try any of these things?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Using a phone or tablet in bed can trick your brain into thinking that it is still day time! The bright lights can make it harder to fall asleep, and even give you headaches.

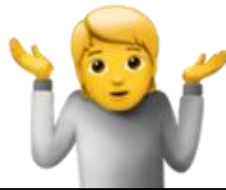
Most people make sure that **they stop using screens at least one hour before they go to sleep.** This helps them to relax and wind down for the day.



Question (1 min)
Would you try this?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Sometimes you might get into bed and **not be able to sleep!** This is frustrating but there's things you can do to **help yourself.**

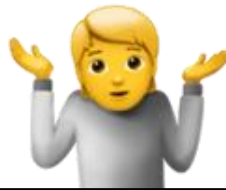
A good idea is to **read a book** in bed, or to **listen to the radio.** This helps distract you while making you feel sleepy!



Question (1 min)
Would you try this?



This wouldn't work for me!

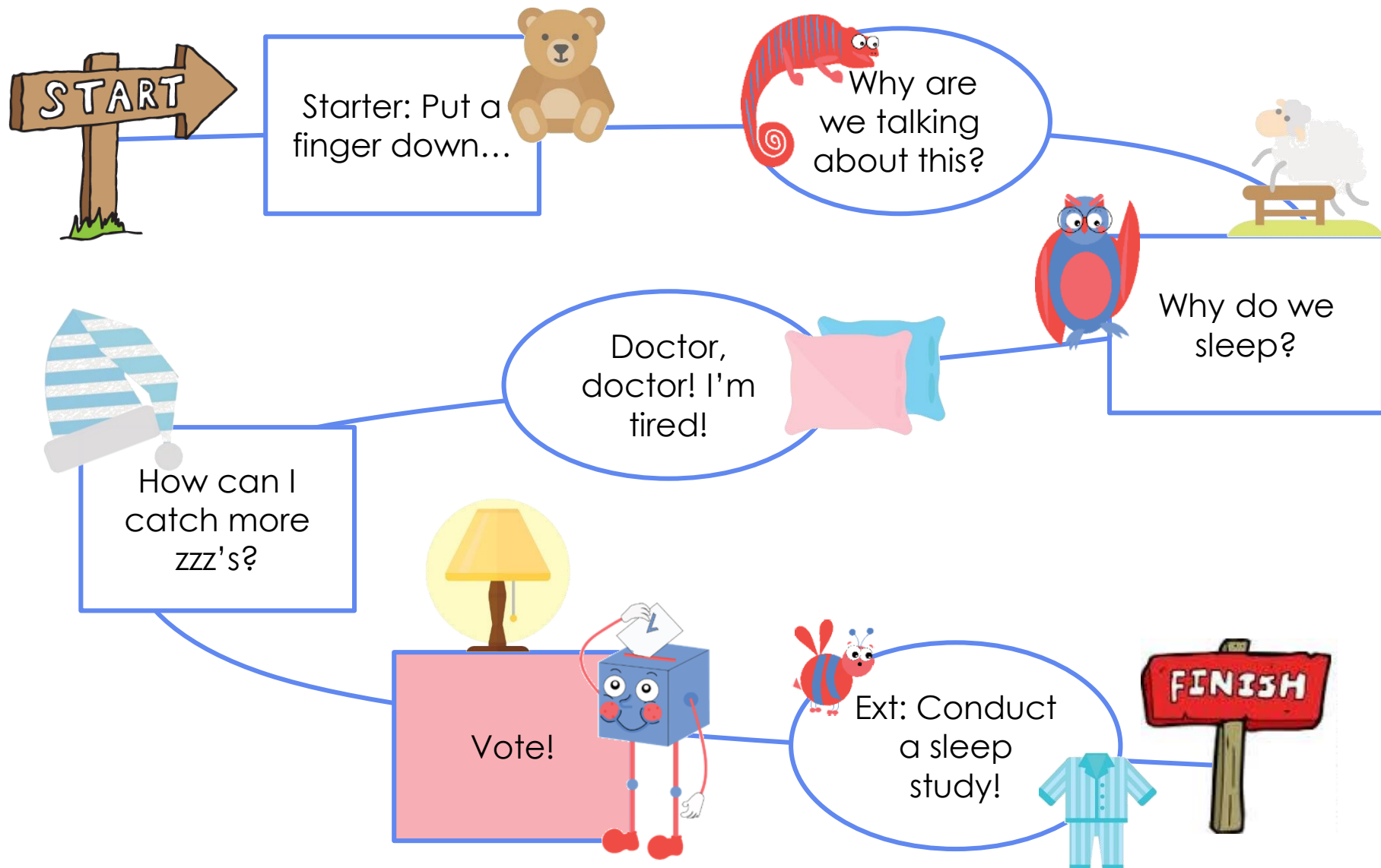


I'm not sure. It's worth a go!



This would work for me!

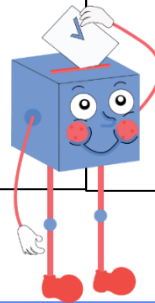
Our learning journey for this week!





Do you get **enough sleep**?

Yes	No
<ul style="list-style-type: none">• I know how important sleep is and I always get enough of it.• I used the chart at the beginning of the lesson and found that I get enough sleep.• I already use some of the things talked about in this lesson to help me get to sleep.• My parents help me get enough sleep by making sure I go to bed and wake up at the right time.• ...	<ul style="list-style-type: none">• I often get distracted and stay up late, so I don't get enough sleep.• I used the chart at the beginning of the lesson and found that I don't get enough sleep.• I find it really difficult to fall asleep and need to practise some of the things I learned in this lesson.• I wake up in the night often which stops me from getting enough sleep and makes waking up difficult.• ...





Want to find out more?

Links not working?

Go into "Full Screen Mode" and click the images to visit the relevant webpages.



Mental Health
Awareness Week



Mental Health
Foundation



BBC

SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL

time to change

every mind
matters

Sleep & sleep
disorders



YOUNGMINDS
fighting for young people's mental health



The
Brain
Charity

Sleepio

THE
SLEEP
COUNCIL

WAKE
UP TO
SLEEP



NHS

General
information

Rethink
Mental
Illness.

SAMARITANS

childline

ONLINE, ON THE PHONE, ANYTIME

The
Children's
Society

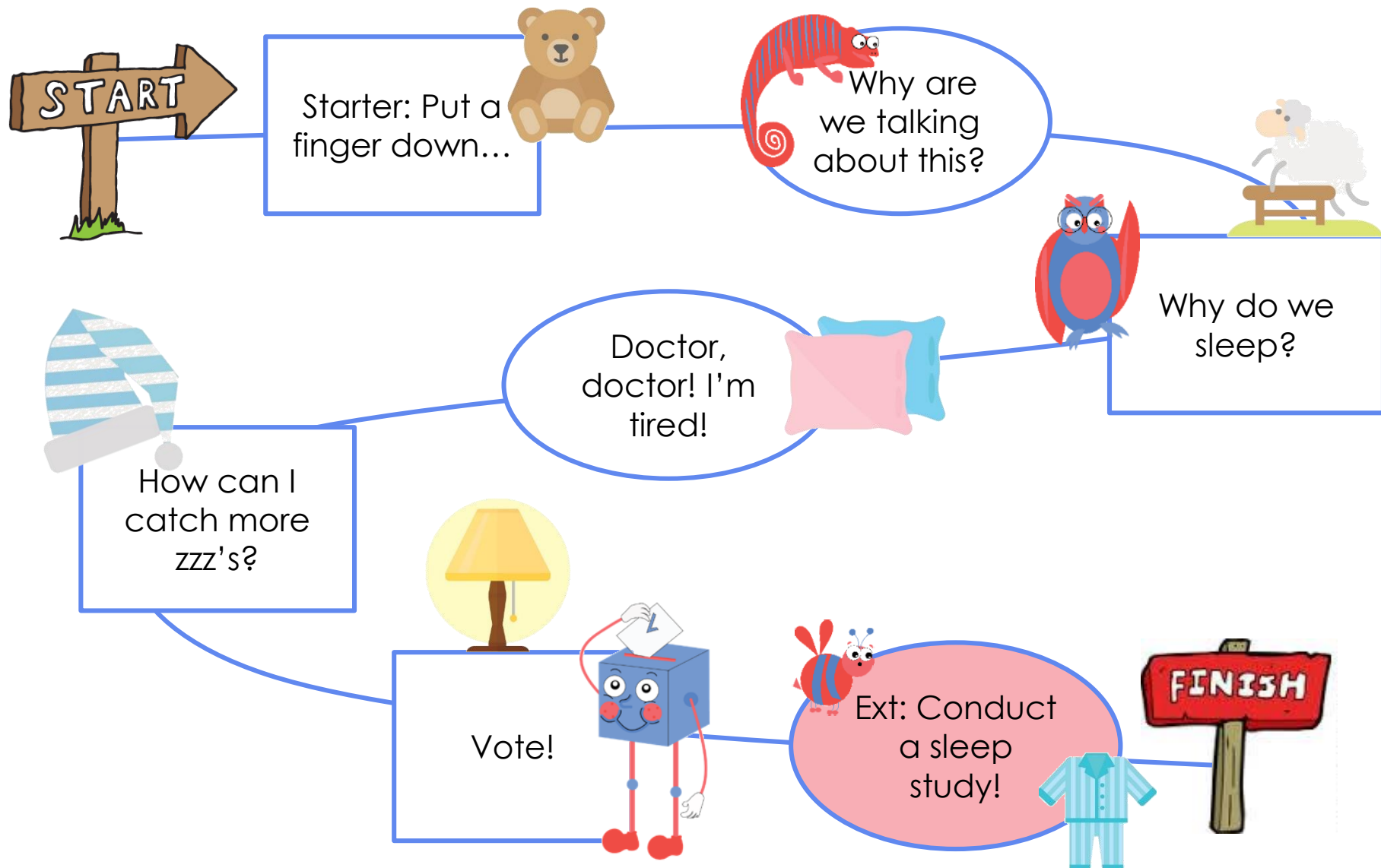
No child
should feel
alone

#60SECONDSUPPORT



CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

Our learning journey for this week!





Ext: Conduct a sleep study!



14 hours

0-3 years old



10-12 hours

4-12 years old



8-9 hours

13-18 years old



7-9 hours

19-64 years old



7-8 hours

65+ years old

Sleep Study

Using this chart to help you, can you conduct a sleep study on your family and friends? Use the hints below to help you.

1

Try to **find as many people as possible** to take part in your study.

2

Start by asking them how many hours of sleep they get each night. Make sure you **write down all their answers!**

3

Give them **a tick if they get the right amount** of hours for their age.

Challenge:

If someone doesn't get enough sleep, can you give them some advice to help them based on what you've learned?

Call to Action

Quick idea



What time should I sleep?

Want to know more about your personal sleep cycle? Use this calculator to help you work out what your ideal bedtime is!



BE KIND

Mental Health Awareness Week

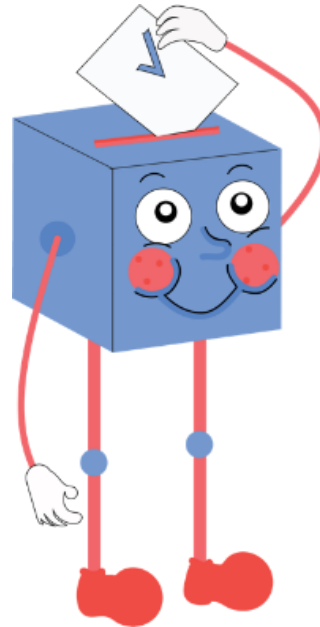
The theme this year was recently changed to “kindness”. They believe that just one small act of kindness can lead to many more, so why not see how many kind acts you can do this week?

Big idea



You can vote from home at...

<https://www.surveymonkey.co.uk/r/vfs-primary-sleep>



To have your voice heard!

If you have any issues, feedback or comments, email
amy@votesforschools.com!

