

# Forest Lodge Academy

## Weekly Wellbeing Challenge Week 4

We hope you enjoyed last week's challenge about healthy eating and nutrition. This week we are focusing on sleep, routines and emotional wellbeing. These activities are best shared with a grown up this week. We have set six tasks below for you to have a go at. You don't need to do them all just try as many as you like. Each picture can be clicked on and made bigger.

### Lzzzzzzzz

It is really important that we all get enough sleep. Sleep supports our healthy growth and development and allows our brains to have a break. Children need more sleep than adults. School age children need approximately from 9-13 hours a night.

AGE GROUP	HOURS PER NIGHT
Infants 4 - 12 months old	12 - 16 hours per 24 hour period
Children 1 - 2 years old	11 - 14 hours per 24 hour period
Children 3 - 5 years old	10 - 13 hours per 24 hour period
Children 6 - 12 years old	9 - 12 hours per 24 hour period
Teens 13 - 18 years old	8 - 10 hours per 24 hours

Image credited, according to the American Academy of Pediatrics



### Regular Routines

In order to help get enough sleep a bedtime routine can be helpful. For children struggling with routines right now you could create a bedtime routine plan together. They can draw the pictures in and tick off when each has happened.

MY * BEDTIME * ROUTINE	MY * BEDTIME * ROUTINE
TAKE A BATH	TAKE A BATH
PUT ON PAJAMAS	PUT ON PAJAMAS
COMB HAIR	COMB HAIR
BRUSH TEETH	BRUSH TEETH
READ A BOOK	READ A BOOK
GO TO BED	GO TO BED

### Engaging Emotions

You may be experiencing lots of different emotions at the moment. Whatever you are feeling is ok. Use the 'how do you feel today' check in sheet below to check in with your emotions throughout the day and talk to a grown up you trust about why you are feeling like this. Remember when your class teacher is phoning you can also talk to them about how you are feeling.



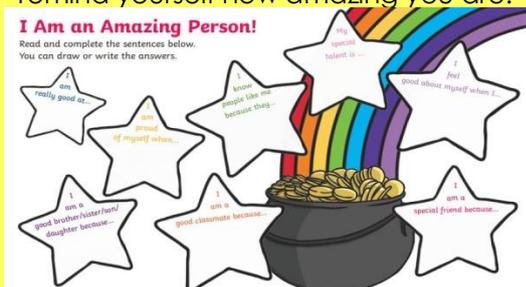
### Turtle Time

When you are in the garden or going for a walk with your grown up play the turtle game. Take it in turns to describe what you see pretending to be a sloooww turtle observing and exaggerating everything you see. For example "I see a tiny bird in its nest made of sharp twigs. It is chirping quietly."



### Always Amazing!

Remember you are amazing and everyone at Forest Lodge Academy is very proud of you. Use this sheet to remind yourself how amazing you are.



### Family Fun

Take it in turns once a week to have a 'fun day'. You can name it after your child (e.g.: Tom's day of fun). Get them to plan whatever they would like to do (safely). This can be playing their favourite game, watching a movie of their choice together or eating their favourite food. It will make them feel special and give them something to look forward to.

