



Get to Sleep, Stay Asleep

A Simple Lesson on Sleep for Childcare

Mass in Motion Kids is a partnership between the Cities of Fitchburg and New Bedford, the Massachusetts Department of Public Health, Centers for Disease Control and Prevention, Harvard School of Public Health, Massachusetts General Hospital for Children/Harvard Medical School, and the National Initiative for Children's Health Care Quality.

Estimated Time of Lesson and Activity: 45 minutes

Warm-up/Introduction: 20 min.

1. Have each child decorate and cut out the provided 'Sleeping Child' to hold up during the lesson.
2. Hands-up Hands-down. Have your kids hold the 'Sleeping Child' when they agree with the following statements. "How many kids _____"
 - a. Love to sleep
 - b. Don't like to sleep
 - c. Like to be read a story before they go to bed
 - d. Know what their bed time is
 - e. Think they sleep more than 8 hours a night
 - f. Don't know how much sleep they get
 - g. Like to stay up late at night
 - h. Have a hard time waking up in the morning
 - i. Feel tired during the day because they didn't sleep enough
3. Discuss their responses, then: Ask Kids how many hours of sleep they think they should get? Discuss.
 - a. 2-5 year olds: at least 11 hours a night
 - b. 6-12 year olds: at least 10 hours a night

Why is Sleep Important: 5 min.

1. Ask: Why do you think sleep is important? Discuss.
2. Sleep is important because...
 - a. Our brains need time to rest so we can remember what we learned and be ready for the next day

- b. Our bodies need time to rest so we can grow strong muscles, bones, and have time to fix any injuries or from being sick
- c. It helps you pay attention during the day
- d. Not getting enough sleep might make us more hungry the next day
- e. Not getting enough sleep will give us less energy to play the next day

How to get good sleep: 5 min.

1. **Ask: What helps you go to sleep? Discuss.**
2. **Review how certain things help kids fall asleep and stay asleep. Talk about how they may need to ask their parents/guardians for help.**
 - a. Set a regular bedtime – routines help you get in the habit of sleeping.
 - b. Make sure your room is comfortable
 - i. Keep it dark and light out; use a nightlight if you need it!
 - ii. Keep the room quiet, sometimes soft music or a fan can help.
 - c. Pick out a special blanket or stuffed animal to feel better
 - d. Remove TVs and other screens from your room; turn off all electronics, games, and computers.

Design your own door knob hanger: 15 min (see attached)

Take Home: Encourage your kids/students to take the door knob hangers home along with their decorated ‘*Sleeping Child*’ and ask them to talk about getting a good night’s sleep with their parents/family. You can also use the ‘*Sleeping Children*’ as decorations for a bulletin board in the classroom/hallway.