Remote education Summer 2

Subject: PSHE

Year Group: 9

In PSHE this term Year 9 are learning about Relationships and Sex education, this work cannot be carried out at home.

As an alternative, students are to work on the resources that are designed to support mental wellbeing.

Resources can be found - P:\Remote Education Work\Year 9\PSHE\Summer Term 2

# Year 9 – What is healthy sleep

We will be able to:

* explain the impact of sleep on health and wellbeing
* describe healthy sleep patterns and identify factors which can reduce sleep quality
* describe a range of strategies for ensuring appropriate sleep patterns

## Activity 1 –

Look at each statement in the table (‘Activity 1: Sleep quiz’) and decide if it is true or false.

If you think it’s false, write what you think the truth might be in the comment box next to the statement.

## Activity 2 –

What are the benefits of sleep?

Complete the diamond 9 on the worksheet (‘Activity 2: Diamond 9’) by putting the benefit you think is most important at the top, then the next two most important benefits, down to the one you think is least important at the bottom.

## Activity 3 –

What techniques or strategies could someone use to get better sleep?

Using the answers from the quiz to help you, make a list of Do’s and Don’ts that someone could use to promote good quality sleep.

### Submit a photo of your work to your teacher