

The Quickest Bedtime Story Ever Teacher Activity

Getting a Good Night's Sleep

CfE: Health and Wellbeing

Getting a good night's sleep is important. Sometimes it is hard to go to sleep because you feel so awake, like in the story. Talk about what time you go to bed and the things that you do, or that you could try, to help you get to sleep. Everyone has different strategies to help them to get a good night's sleep. You may also want to use additional symbols, picture cards or digital images to help.

Vocabulary

Multiple message system (Go Talk 9+ or low-tech symbol board)

	Picture Label	Message
1.	When is your bedtime?	When is your bedtime?
2.	Early	Early
3.	Late	Late
4.	I	I
5.	like	like
6.	massage	massage
7.	tablet	tablet
8.	not	not
9.	bath	bath
10.	story	story
11.	shower	shower
12.	something else	something else

