

HWB Online Learning Sleep and Relaxation

Thinking about and Improving Sleep

Task 1:

Choose which of the following tips from the PowerPoint you will try to help get a better sleep.

Tip	✓ or X
Limit screen time	
Exercise more	
Cut out caffeine	
Talk through concerns	
Avoid long lies	



Task 2:

Complete the following table indicating when you go to bed and wake up. How many hours of sleep are you getting a night?

Day	Went to bed at...	Woke up at...	Time asleep
Example	22:30	07:30	9 hours
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Numeracy Question: On average, how long did you sleep for each night? Add all the numbers in "Time asleep" column and divide by 7.

Average time asleep =

Question: Did anything from Task 1 help you have a better nights sleep?

Question: How many hours should teenagers aim to sleep for? Hours

Relaxation

Task 1: In the space below, list all the activities you have done during the week that you felt helped you relax.

Task 2: Listen to the podcast from the PowerPoint and below, write how you it made you feel.

Podcast: Andy Puddicombe - Meditation in Times of Crisis

Available on Apple Podcasts, Google Podcasts & Spotify.

https://www.listennotes.com/podcasts/trained/andy-puddicombe-meditation-atl_WHEKMh2/

Task 3: In the pace below, list activities you would like to do/try in the future to help you relax.

Task 4: Why is it important to find time to relax?

Fitness Challenge: Lets Get Moving!

Can you reach 10,000 steps each day for 5/7 days in the next week before we see you again for your next HWB lesson?

You can track your steps if you have a smart phone through the "health app" or by downloading the free app "mapmyrun" and selecting the "walk" option

OR

If you walk for 60 minutes at a moderate pace this will also roughly equate to your 10,000 steps for the day!

Email us before your next lesson how many days you managed to achieve your step goal! 😊 you can record your progress below.

Day	Step Count	Goal Achieved?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		