CHANGING LIVES MENTAL HEALTH SUPPORT TEAMS **SPRING TERM 2021 NEWSLETTER FOR CHILDREN** 

## Your Journey to a **Good Night's Sleep**



A good night's sleep helps our mood, concentration and energy levels. Creating a bedtime routine, that starts at the same time every evening, can help your body get ready for sleep. Challenge: Can you draw your bedtime routine?

Snuggle up with a bedtime story or some calming music







Time for lights out and sweet dreams



## Finish



Start

Remember to cléan your teeth.



Do you need a bath; a shower or a wash today? This can be a part of you bedtime routine.



Choose an activity to do for a while that helps you feel calm, such as colouring, drawing, reading, puzzles or playing a card game.





Draw the hands onto the clock to show when your bedtime routine will start.



Remember to stop playing video games or using your phone or tablet about an hour before bedtime.