

Sufficient and Satisfactory Sleep

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students brainstorm strategies they can use to get enough sleep every day.

Why Do It?

Getting enough quality sleep helps improve or maintain your good mood, high energy, and enthusiasm the next day.

How Do We Do It?

Highlight for students the importance of getting quality sleep to improve or sustain mood, energy, and enthusiasm.

Have students brainstorm a list of strategies they use or have heard of to help them get quality sleep. For example:

- Reducing screen time prior to going to bed assists in getting to sleep faster.
- Completing an evening ritual that prepares you for bed also allows you to get to sleep faster. Brush your teeth, change into bedclothes, set out clothes for the next day, or do whatever makes sense to you that triggers your brain to know sleep is coming soon.

Have everyone place their heads on their desks for a full, quiet, 2-minute nap or restful moment.

What Else Do We Need?

Relaxing music and audio equipment (optional)

How Do We Get Creative?

Have students use an app or a clock and track their sleep times for one week.

Students can share strategies they've brainstormed with the entire school or community through posters or social media. Consider having a teacher or mental health professional vet ideas before sharing.

Adapted from: Alberta Education. Mental Health Matters. Retrieved from

<https://education.alberta.ca/mental-health/information-and-resources/everyone/mental-health-supports/>