

Materials	Pencil and paper (optional)
Learning Outcome	Discuss why sleep contributes to overall health and development and create a realistic bedtime routine.

Description

Discuss with the child why it is important to get quality sleep (e.g., helps your brain develop, gives your muscles a needed rest, helps your body grow, helps you concentrate, etc.). Explain that part of quality sleep can involve having a bedtime routine to help your body wind down and know it is time to sleep. With the child, brainstorm all of the things that can contribute to a positive bedtime routine (e.g., setting a time each night to unwind and get ready for bed, limiting blue lights from screens one hour before bed, spend time doing something quiet like reading, etc.).

Invite the child to create a bedtime routine for quality sleep explaining that a routine is a sequence of actions or steps. Ask the child to write their routine on a piece of paper and support early literacy learners with writing as needed. If the child already has a bedtime routine, encourage them to write it down. Review the bedtime routine together and discuss if there are any other components to consider. Post the routine where the child can see it and follow it at bedtime!

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Do you think your bedtime routine is the same or different than other children your age? Why?*
- *How do you think your bedtime routine will change as you get older?*