

It's Mia's bedtime.

Draw and write your answers.



1. What could Mia do to get ready to sleep?

2. Is there anything that could make it hard for Mia to get to sleep?

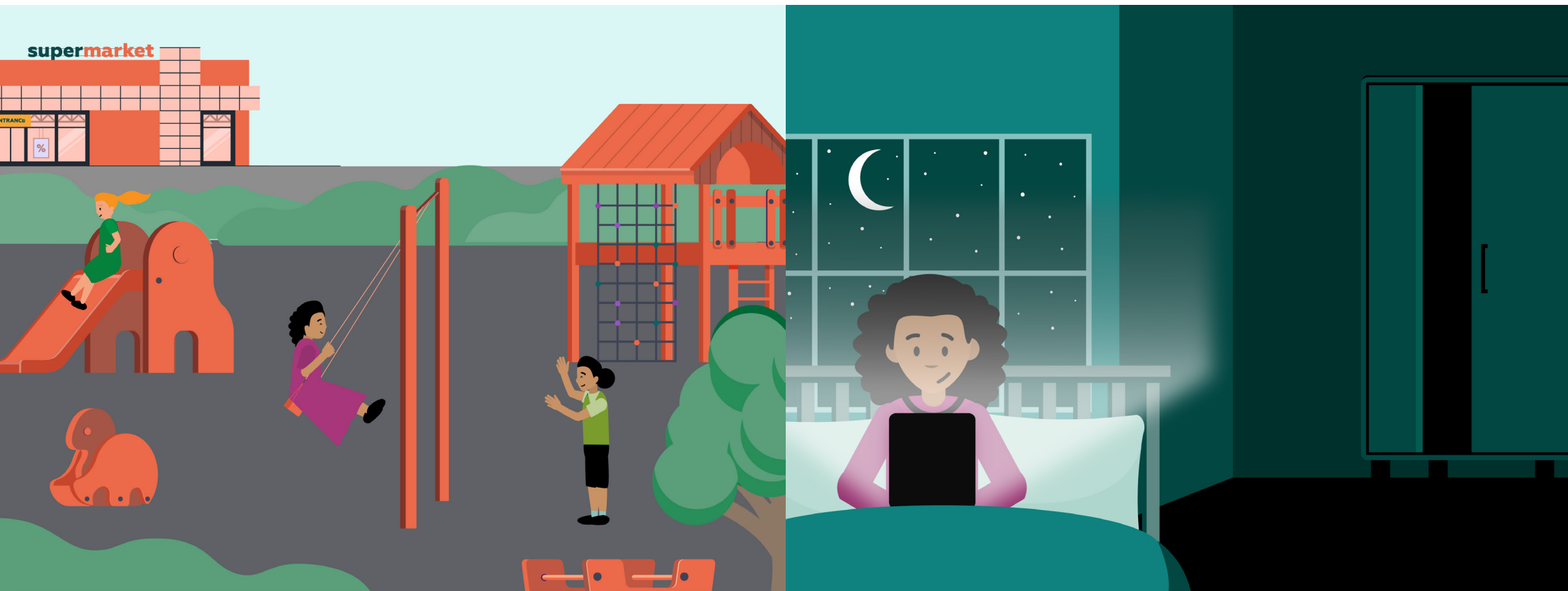
3. If she has a good night's sleep, how will Mia feel the next day?

Mia is having trouble getting to sleep. Listen to her story.

What a busy day Mia has had! After school she went to the supermarket with Dad, then visited her uncle and played in the park with her cousins – they love to see how high they can go on the swings. Straight after dinner, Mia and her mum played their favourite card game – mum always uses silly voices when they play, which makes Mia laugh a lot.

Even though she felt tired, just before bedtime Mia watched funny videos on her tablet. Mia got into bed and her mum said 'Night-night and sweet dreams', like she does every night.

Now Mia feels tired and is trying hard to go to sleep, but she just can't. She has lost her special snuggly that helps her fall asleep, and there are lots of things keeping her awake: she can hear her grown-ups talking downstairs, the dark makes her wardrobe look big and scary, and she knows that tomorrow night her babysitter is coming to look after her, and she'll miss her mum. Mia doesn't like being alone. Her body feels jumpy, and she keeps thinking about lots of different things, some of which give her a tummy ache. Mia gets up and goes to see her mum, who says she must go back to bed and fall asleep, or she'll be tired and grumpy in the morning. Mia goes back to bed, but she still can't sleep.





Good for relaxing



Good for relaxing



Not good for relaxing

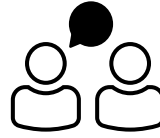


Not good for relaxing





Have sweets or a fizzy drink



Talk to someone about worries



Turn off all screens an hour before bed



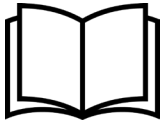
Try to go to bed at the same time each night



Have a cuddle



Listen to calm music



Read a book



Make up a song or words to make any imaginary monsters disappear



Watch an exciting film

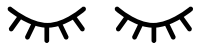


Do a silly, energetic dance

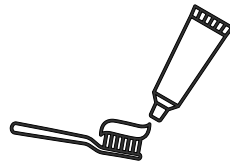
Add your idea to help Mia relax



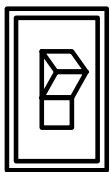
Go to bed really late



Close eyes



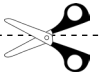
Wash and brush teeth



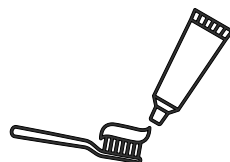
Turn the lights off



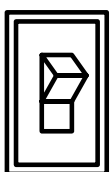
Say goodnight or family words



Close eyes



Wash and brush teeth



Turn the lights off



Say goodnight or family words

