



EMOTIONAL WELLBEING TEAM KENT
EMOTIONAL SUPPORT TEAM
MEDWAY

A GOOD NIGHT'S SLEEP

When we have trouble sleeping it can be useful to think about what helps us feel relaxed and ready to fall asleep.

How we spend time during the day can affect how well we sleep at night.



Stick or draw pictures of things you like in this box

What are your interests?

Spending time doing things that interest you can help you get a good night's sleep.

1.

2.

3.

How do you stay active?

Physical activity in the day can help us sleep at night. We all like to stay active in different ways.

1.

2.

3.

Things that make you feel good

Doing things we enjoy can help us to sleep.

1.

2.

3.

A chance to choose

There are lots of things we have to do, so it is important to plan how we do them. It helps to save some time for the things we want to do too!

Who can help you plan and solve problems?

When can you have some free time?

Who can you discuss your day with?

