

HEALTH & PHYSICAL EDUCATION

BUILDING HEALTHY SLEEP HABITS

Lesson Overview:

Students will explore the importance of healthy sleep habits and how screen time can impact sleep, focus and wellbeing. Through discussion, self-reflection and a WWW/EBI thinking routine, students will identify positive sleep habits they already use and consider small changes that could improve their sleep and overall health.

Learning Outcomes:

By the end of this lesson, students will be able to:

- identify healthy sleep habits
- explain how screen time can affect sleep and wellbeing
- reflect on their own bedtime routines and screen use
- suggest realistic strategies to improve sleep habits.

Key Words:

Screen time, notifications, bedtime routine, wellbeing, habits, balance, self-reflection.

Lesson Resources:

[Lesson Slides](#), [Worksheet](#)

Curriculum Links

Digital Technologies

- Explain how digital technologies and online behaviours can influence wellbeing and daily life ([AC9TDI6P06](#))
- Apply safe and responsible behaviours when using digital technologies ([AC9TDI6P06](#))

English

- Participate in discussions, sharing and reflecting on ideas, experiences and viewpoints ([AC9E5LY02](#) / [AC9E6LY02](#))
- Create spoken and written responses that communicate personal reflections and ideas ([AC9E5LY06](#) / [AC9E6LY06](#))

Health and Physical Education

- Investigate how behaviours and lifestyle choices can influence health, safety and wellbeing ([AC9HP6P06](#))
- Practise strategies to promote health, safety and wellbeing in everyday situations ([AC9HP6P08](#))

LESSON SLIDES

Introduce:

- Re-watch the Thrive Online segment about sleep habits
- Ask students:
 - “Why is sleep important?”
 - “How do you feel when you don’t get enough sleep?”
 - “What habits can make sleep better or worse?”
- Students complete a Turn & Talk discussing Lucas’s recommendations for Theo
- As a class, unpack the healthy sleep strategies:
 - finish screen time one hour before sleep
 - create a bedtime routine
 - listen instead of watch before bed
 - turn off notifications
 - keep phone in a different room
- Discuss how sleep habits can affect mood, concentration, learning and wellbeing.

Explore:

- Students reflect on their own sleep habits using the WWW/EBI worksheet:
 - WWW - What’s Working Well?
 - EBI - Even Better If...
- Model examples together as a class:
 - WWW: “I usually go to bed at the same time each night.”
 - EBI: “I could stop using my iPad earlier before bed.”
- Encourage students to think honestly and realistically about their habits
- Students record:
 - healthy habits they already use
 - one or two achievable goals for improving sleep routines.

Reflect:

- Invite students to share one WWW and one EBI from their reflection
- Students respond to the reflection prompt: “Imagine you followed one item from your EBI list consistently for the next two weeks. What do you think would happen?”

Exit Ticket:

“One healthy sleep habit I want to focus on this week is...”