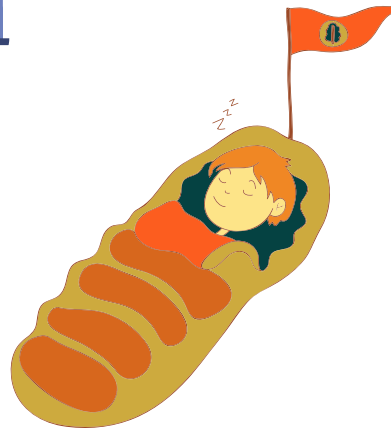
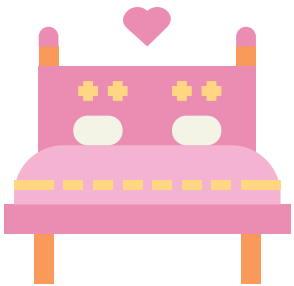
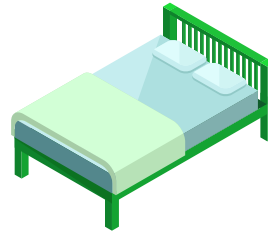
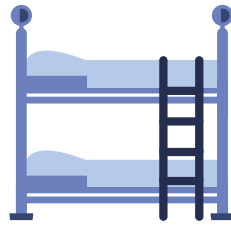
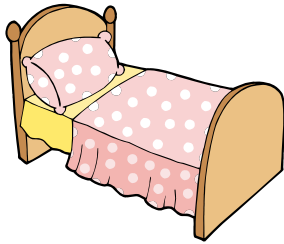


Sleep is such an important way to be kind to yourself. It helps your brain work better, helps you feel calmer and happier, and improves your health.

Which bed would you choose? Draw a circle around your favourite.



Write down three things you are going to do this week to help you get a good night's sleep.

1. _____

2. _____

3. _____