



Home Learning English.

Week 7.

Activities for you to have a go at this week.

- Listen to the story read by Freya, *Peace at Last* by Jill Murphy.
- Do some research about how important sleep is.
- Use the attached sleep fact sheet to find out how much sleep we need.
- Complete the cut and stick activity around how much sleep we need at different stages in life.
- Make a days timetable showing how many hours we - sleep, play, eat, work etc.
- Make a model of a bed out of lego, duplo, or recycled boxes to put Teddy in.
- Do some potato printing to make a cover for your bed.