

Walter and the Restless Night



Learning Objective:

To learn about the things that will help us to fall asleep and get a good night's sleep.

Learning Outcomes:

Pupils will be able to:

- Suggest some reasons why sleep is important.
- Identify things that might stop us getting to sleep.
- Describe some things that might help someone get to sleep.

Key words:



Sleep Rest Routine Relax Bedtime Advice

Baseline Activity:

Give the children the acronym SMILERS. In pairs can they think of what each of the letters represent.

Today we are going to focus on the letter 'R' for rest and relax. Ask the class to share why they think sleep is important? Record their ideas.

Core Activity:

I am going to share with you a story called 'Walter and the Restless Night.' Has anyone heard of Walter the Wellbeing Owl before? What type of bird is he?

I am going to challenge you to guess some of the words that are missing from the end of the story. I wondered if we could be detectives and work together to guess the words that are missing.

(See resource 1 below. Resource 2 includes the missing words.)

Read the story together and fill in the missing words.

Reflect

Why did the teacher find it hard to go to sleep? Can you think of other reasons why people might find it hard to fall asleep? Record ideas.

How did not having a good night's sleep affect the teacher the next day?

Let's read the story again. This time complete the actions together.

Stretch up to the sky, and glide your arms out wide, then breathe in deep just a couple of times.

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What advice did Walter give to the teacher.

What ideas can we think of that would help someone to rest/relax before bedtime?

What ideas can we think of that would not be helpful?

Useful advice: <https://thesleepcharity.org.uk/>

Plenary

Practice some breathing exercises from the SMILERS Brain Break Wheel.

Click here: [Breathing Brain Break Wheel](#)

This may help you if you find it difficult to relax. Which is your favourite?

Here are the activities that support the [Breathing Brain Break Wheel](#).

Rainbow Breaths

https://www.youtube.com/watch?v=iWy2e4_bCos

Belly Breathing

[Breathing Ball \(Breath for Self-Regulation\) |](#)

<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

Dragon Breathing

<https://www.youtube.com/watch?v=djJNgTTPQyc>

Snake Breathing

<https://www.gonoodle.com/videos/IYVWAX/snake-breath>

Bee Breathing

<https://www.gonoodle.com/videos/72GyKY/bee-breath>

Bear Breathing

<https://www.gonoodle.com/videos/b2aNbw/bear-breath>

Walter and the Restless Night



Resource 1

In the heart of the forest, where moonbeams dance bright,
Our Walter the owl soars high through the [REDACTED]
With stardust feathers that glisten with grace,
He watches the world from his high, hidden [REDACTED]

Perched on a branch, he sleeps when the sun is high.
He wakes with the moon and soars through the sky.
Whilst restless humans toss and turn in their beds,
He whispers soft words to help them rest their [REDACTED]

"Stretch up to the sky, and glide your arms out wide,
Then breathe in deep just a couple of times.
Close your eyes and imagine the stars twinkling in your head.
Then snuggle on down and cuddle into bed."

In the darkness of night, a window glows bright.
He sees a young teacher still up late at [REDACTED]
It's hard to quit when you're having a good time,
"It's ok, don't worry, tomorrow I'll be fine!"

The very tired teacher keeps yawning in school.
They snooze in class and fall off their [REDACTED]
They rub their eyes and take naps in the den,
Then they go home and stay up once again.

"Twit twoo! What to do? How to help them, I wonder?"

"Set a time to stop, to relax before bed.
Take some deep breaths," Walter wisely said.
"Listen to some music, let your mind unwind,
And soon you'll find dreams of the comforting kind."

The teacher heard Walter and turned off their device,
Relaxed for a while and then took his [REDACTED]

"Stretch up to the sky, and glide your arms out wide,
Then breathe in deep just a couple of times.
Close your eyes and imagine the stars twinkling in your head.
Then snuggle on down and cuddle into [REDACTED]."

Walter was glad when he heard snoozing begin,
And fluttered off to see who else needed him.

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Resource 2

Walter the Owl and the Restless Night

In the heart of the forest, where moonbeams dance bright,
Our Walter the owl soars high through the night.
With stardust feathers that glisten with grace,
He watches the world from his high, hidden place.

Perched on a branch, he sleeps when the sun is high.
He wakes with the moon and soars through the sky.
Whilst restless humans toss and turn in their beds,
He whispers soft words to help them rest their heads.

“Stretch up to the sky, and glide your arms out wide,
Then breathe in deep just a couple of times.
Close your eyes and imagine the stars twinkling in your head.
Then snuggle on down and cuddle into bed.”

In the darkness of night, a window glows bright.
He sees a young teacher still up late at night,
It’s hard to quit when you’re having a good time,
“It’s ok, don’t worry, tomorrow I’ll be fine!”

The very tired teacher keeps yawning in school.
They snooze in class and fall off their stool.
They rub their eyes and take naps in the den,
Then they go home and stay up once again.

“Twit twoo! What to do? How to help them, I wonder?”

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The teacher heard Walter and turned off their device,
Relaxed for a while and then took his advice.

“Stretch up to the sky, and glide your arms out wide,
Then breathe in deep just a couple of times.
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