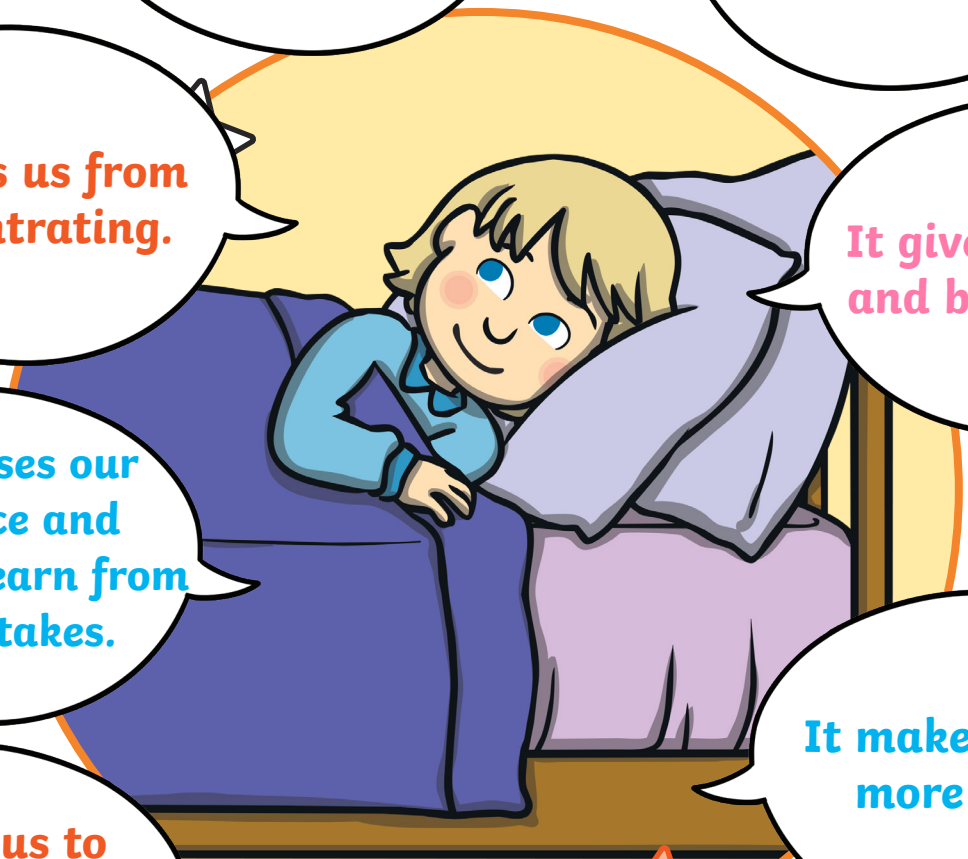
Why Is Sleep Important?

All of us need to sleep. Sleep is important as it helps us in a variety of different ways.

Can you colour in the things that sleep does to help us?



It helps us feel good during the day.

It helps us to have more energy.

It stops us from concentrating.

It gives our body and brain a rest.

It increases our resilience and ability to learn from our mistakes.

It makes us feel more tired.

It helps us to cope with difficult things.

It makes us angry.

It helps us think about what we have learnt in the day.