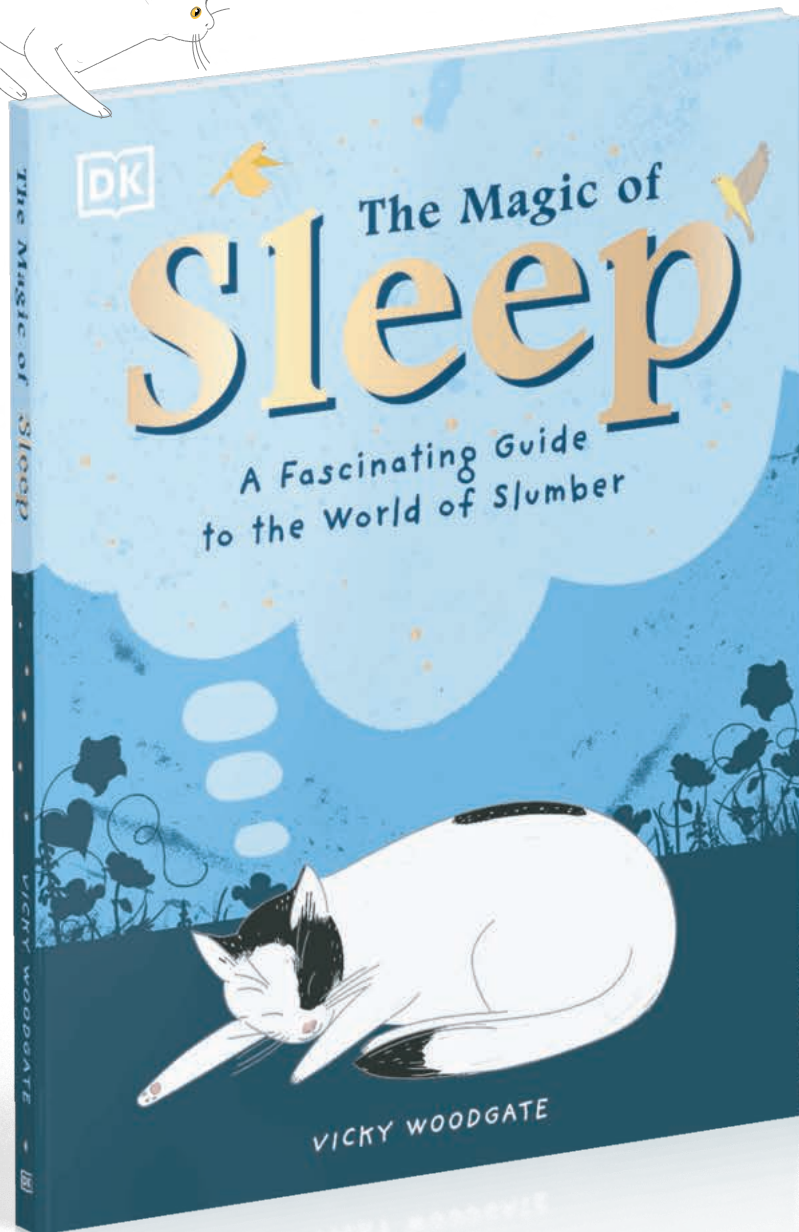


Join me for your
VERY own 5 day
sleep project....



The Magic of Sleep

Written and illustrated by
Vicky Woodgate



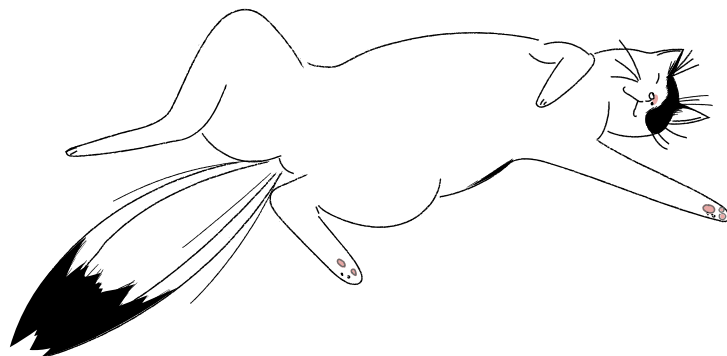
The Magic Of Sleep

by Vicky Woodgate

Getting a good night sleep can make you feel **AMAZING**, it helps our bodies repair, makes you more clever **AND** helps your mental wellbeing.

The best way to get good sleep is to create a **ROUTINE**, here are some suggestions you can follow.

Give it a go!

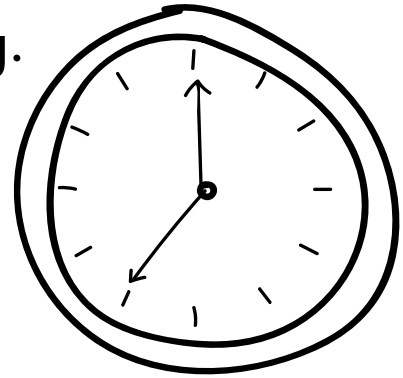


The Magic Of Sleep

by Vicky Woodgate

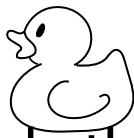
Suggestions to add to your sleep routine

1. Get up at the same time every day.



2. Make your bed every morning.

3. Dim lights in the evening - maybe use a lamp?



4. Have a warm bath

5. Stop looking at screens 1 hour before bed - put away phones, ipads, computers and tv... this can be **REALLY HARD** - but it **REALLY** helps!

6. Read a book in bed and listen to some calm music.

7. Do some meditation or calm breathing.

8. Lights out at the same time each night!
You can **DO IT!**

The Magic of **Sleep**


Draw your favourite thing in your bedroom



SLEEP ROUTINE CHART

The Magic Of Sleep
by Vicky Woodgate



	Wake up time	Make your bed	Warm bath	Stop looking at screens	read or listen to music	Meditation and breathing	Lights out time
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

PUT ME ON YOUR WALL

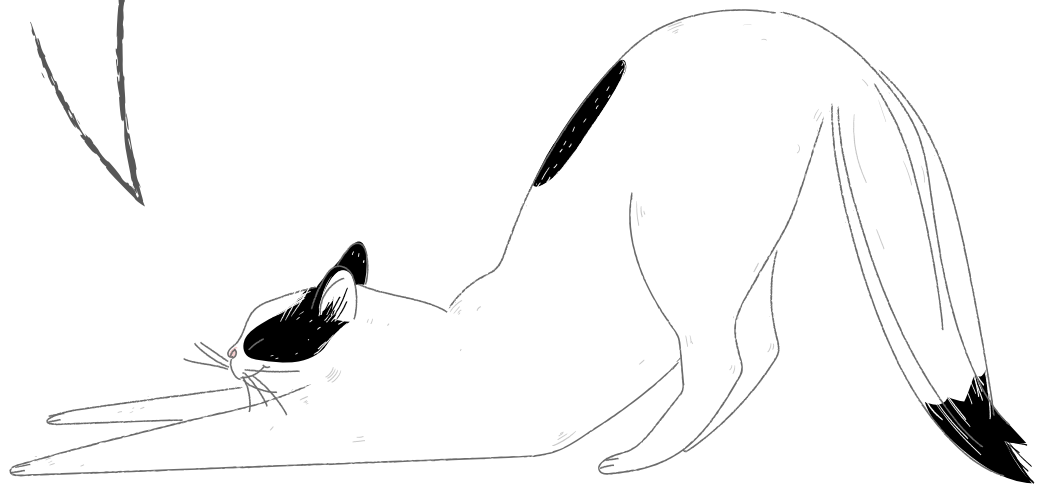
www.vickywoodgate.com

insta : @vicky_woodgate

tweet tweet me : @vickywoodgate

The Magic of Sleep

Written and illustrated by
Vicky Woodgate



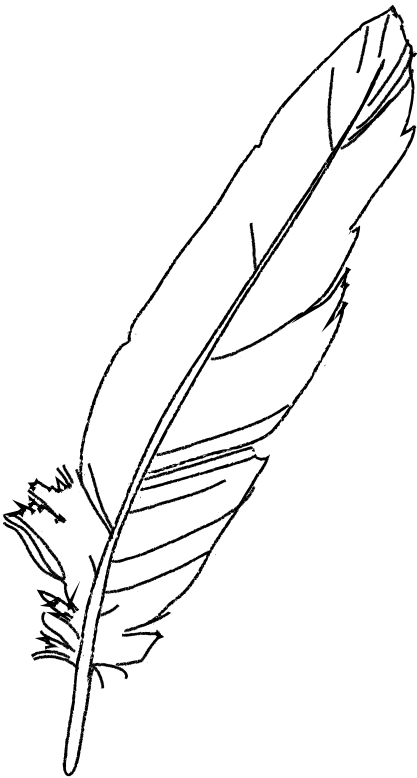
The Magic Of Sleep

by Vicky Woodgate

Dreamcatcher

A talisman used to protect you against bad dreams.

A traditional dreamcatcher is made of willow, leather, string, beads and bird feathers. Originated by the North American Ojibre Tribe they believe good and bad dreams fill the air at night, the dreamcatcher acts like a spider web, catching the bad dreams and allowing good dreams to pass through the hole in the centre.

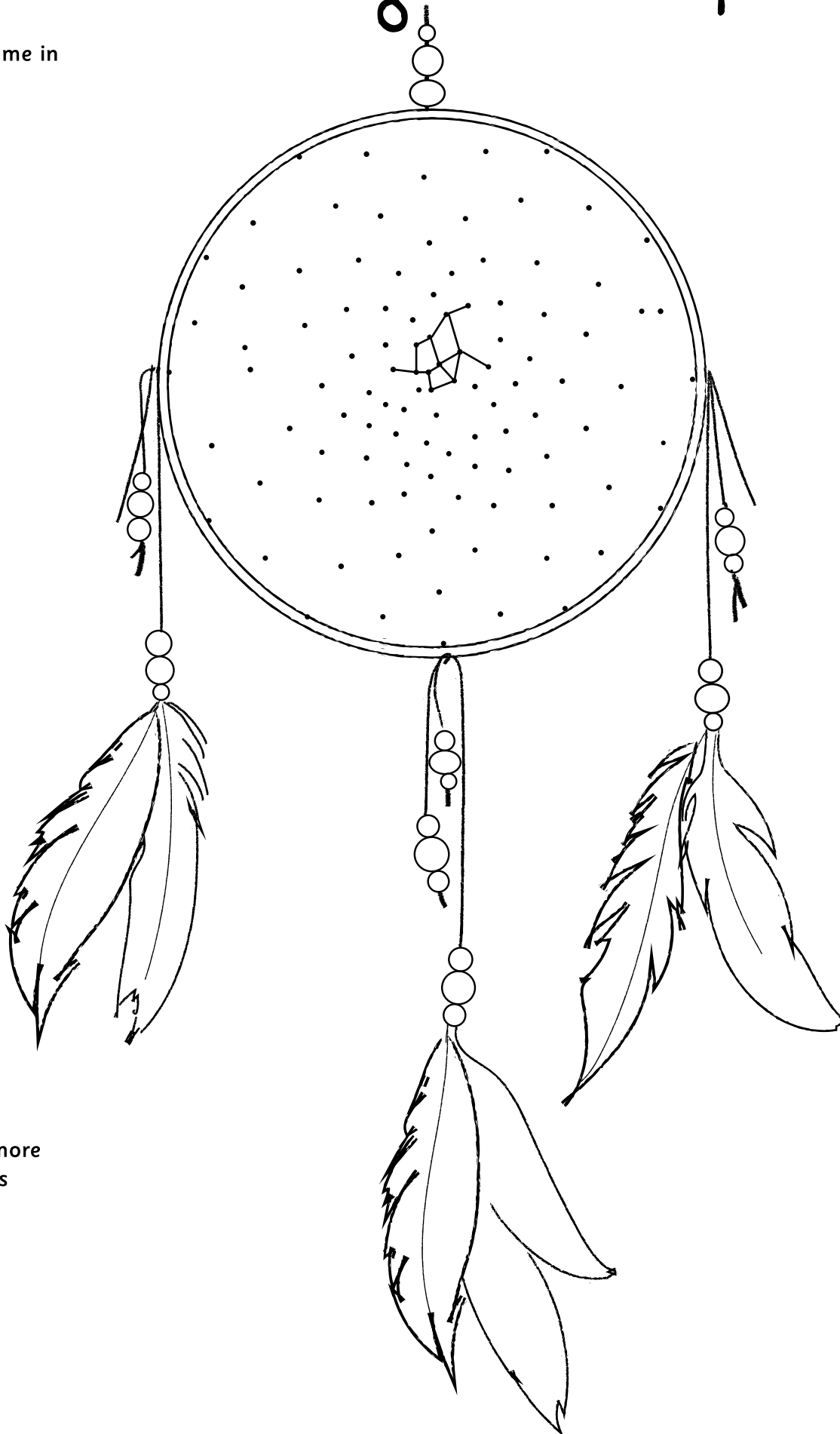


Can you draw a feather?



The Magic Of Sleep

Colour me in



Join the dots
to create a web

Draw more
feathers

The Magic Of Sleep

by Vicky Woodgate

**Draw your own
dreamcatcher.**

insta : @vicky_woodgate

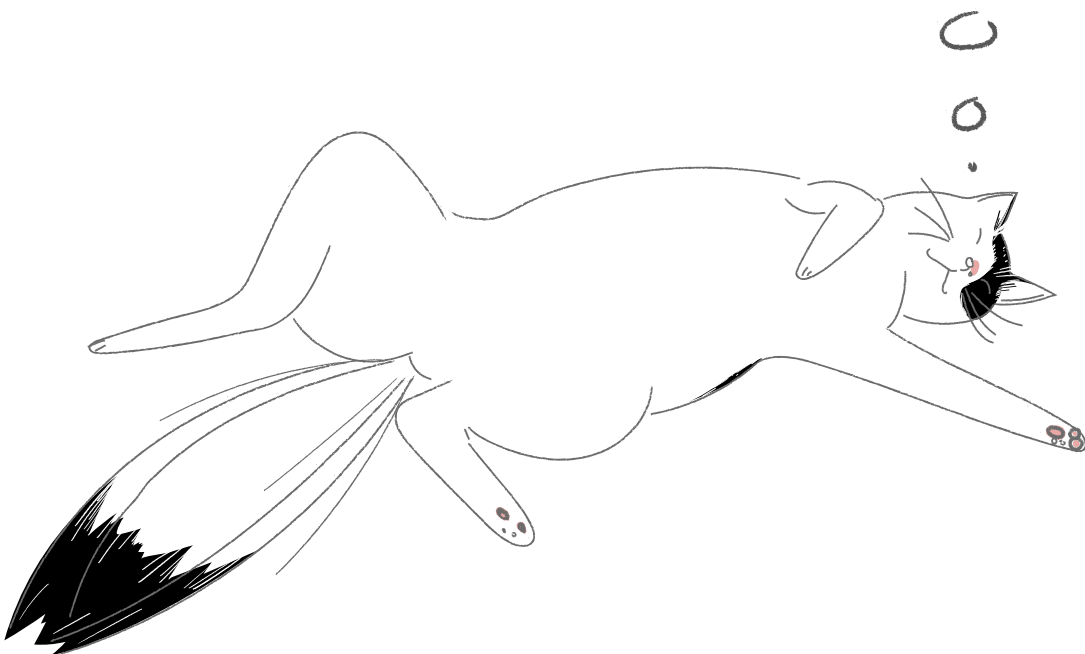


www.vickywoodgate.com
tweet tweet me : @vickywoodgate

The Magic of Sleep

Written and illustrated by
Vicky Woodgate

Day 3



The Magic Of Sleep

by Vicky Woodgate

Let's record your dreams.

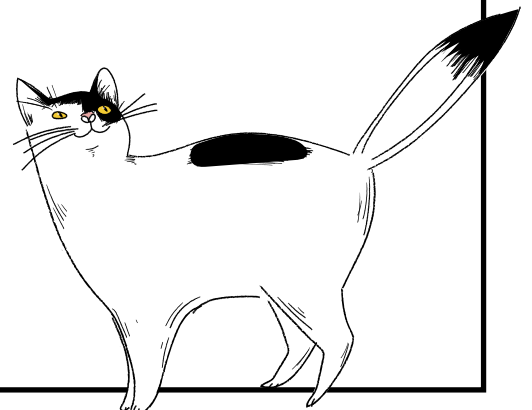
Write down what you can remember
or draw what you saw or felt.

Keep the worksheets by your bed with a
pen or pencil. Make some notes when
you wake up, you could draw a picture
of what you saw later.

Draw your dream

How did it make you feel?

- Happy Scared Worried
 Surprised Joyful Sad



www.vickywoodgate.com

The Magic of Sleep

If you can't remember your dream lets
give mimi cat a hat, any style will do!
Oh and she needs finishing too!



The Magic of Sleep

Written and illustrated by
Vicky Woodgate



The Magic Of Sleep

by Vicky Woodgate

Mindfulness and meditation are really good skills to have in your tool box of life. It can make you feel happier, and can help you sleep better.

Shall we give it a go?

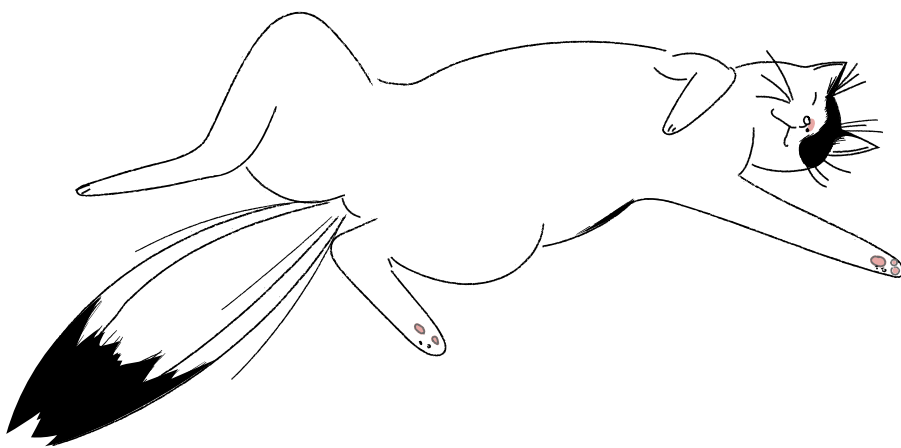


The Magic Of Sleep

by Vicky Woodgate

TRY A LITTLE MEDITATION...

Close your eyes and imagine you are in a relaxing beautiful place. Maybe a meadow full of flowers or a beach with gentle lapping waves. Hear the sounds, smell the air, imagine as much detail as you can. Notice how your breathing begins to slow and you start to relax.....



Meditation and Breathing

The Magic
Of Sleep



Try these 2 simple breathing routines to calm the mind before bedtime.



The flower breath: Imagine smelling a flower, breathe in through the nose and out through the mouth releasing any tension. Repeat a few times.



Bear breathing: Breath like a sleepy bear - inhale through the nose - pause - count 1 2 3 - exhale -count 1 2 3..... repeat.

www.vickywoodgate.com

insta : @vicky_woodgate

tweet tweet me : @vickywoodgate

The Magic of Sleep

Draw a picture of a calm place. It could be a meadow with flowers, or a beach with sand or even a forest with trees.

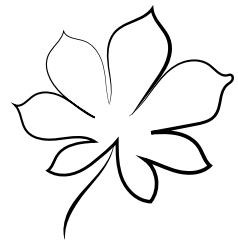
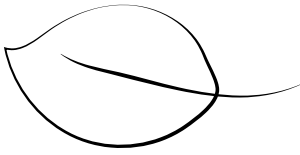
The Magic of Sleep

Written and illustrated by
Vicky Woodgate



The Magic Of Sleep

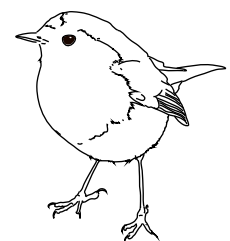
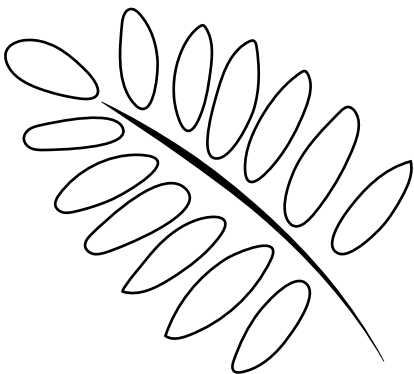
by Vicky Woodgate



Did you know that fresh air and being outside in nature can help you sleep better.

Why not go for a walk in the park, in the countryside, on the beach or even see what you can spot in your garden. If you don't have a garden, even looking out the window and gazing at the clouds can make you feel more calm.

If you can't go outside, why not imagine what you might see if you could, then write it down and even draw a picture!



The Magic Of Sleep

by Vicky Woodgate

Some observations on your walk outside

1. What animals did you spot? _____

2. Did you see or hear any birds? _____

3. How did it make you feel being outside? _____

4. What colours did you see? _____

5. What was the weather like? _____

The Magic Of Sleep

by Vicky Woodgate

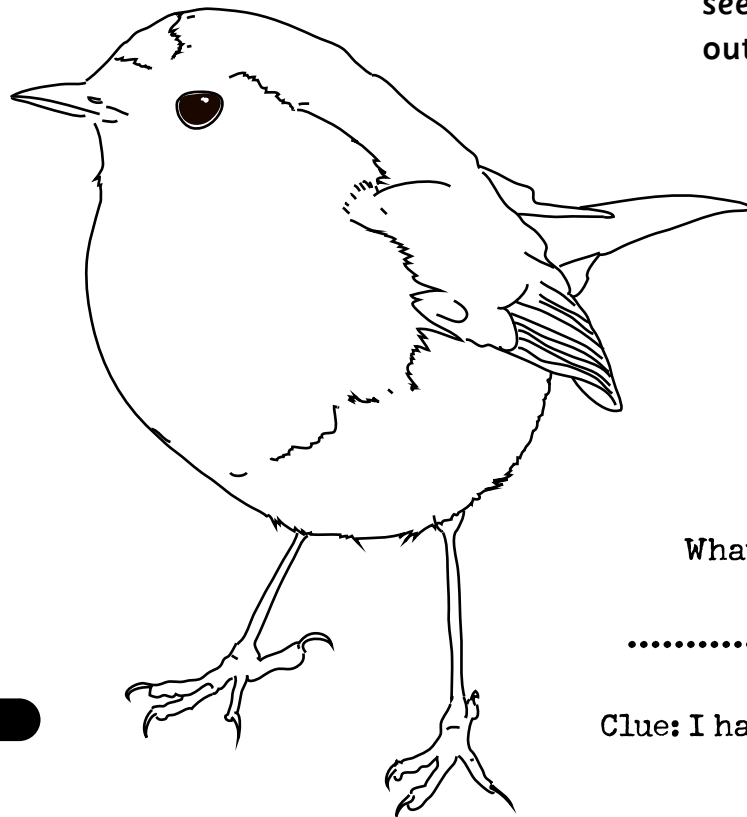
Draw something you saw on your walk.

Maybe a leaf, a flower, a bird an animal or a tree?

The Magic Of Sleep

by Vicky Woodgate

You may have
seen or heard me
outside.



Colour me in

What am I?

.....

Clue: I have a red breast

Can you copy me?