

# rest and recharge

Here are ideas and curated resources for further exploration of the “Rest and Recharge” theme.

These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Rest and Recharge” series include:

To develop and implement effective self-management and care strategies and decision-making skills regarding personal well-being; to demonstrate critical thinking and self-evaluation regarding resting, maintaining well-being and homeostasis, and the effects of establishing a healthy sleep/rest balance; to identify consequences of choices and actions in order to make constructive choices about sleep and rest.

## prompts for further exploration

- How does resting and relaxing impact our emotional and physical health?
- What challenges do you have falling asleep and staying asleep at night?
- What routines can you create to help you feel relaxed, or to fall and stay asleep?
- How does screen time affect our ability to rest and relax?
- What are some strategies to create a restful environment?
- How do you feel when you’re well rested?
- What choices can you make to help you balance activity and rest?
- How can we make better decisions to prioritize rest and sleep?
- What needs to change in our school schedule to prioritize getting enough sleep?



# Resources for Further Exploration

learn more

## **WholeHealthED**

Compilation of best practice resources for whole health education.

learn more

## **American Academy of Pediatrics Sleep Resources**

learn more

## **SleepFoundation**

Tips and information about sleep and rest

learn more

## **Scholastic "Pathways"**

Interactive activities about sleep

learn more

## **PBS Learning Media**

Resources connecting sleep to mental, emotional, and personal health

learn more

## **"The Chaos and The Clutter"**

Calming resources for kids

