

Sleeping spots

Worksheet 1: Phonics

Name: _____ Date: _____

1. Vowel sound /or/

Write the syllable 'or' and say /or/ aloud, as you write it across the page.

2. These words contain the vowel sound /or/. Read them aloud.

formed porch sort short storks forget sorts

3. Write the words in the table below. Then use a highlighter to highlight the /or/ part of each word.

4. Read the list of words again, from the top to the bottom and then again from the bottom to the top.

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Worksheet 1: Phonics - continued

Name: _____ Date: _____

5. Fill in the missing words from the sentences. Use this word bank:

formed porch sort short storks forget sorts

A _____ flight can be fun, but a long flight will be hard if you cannot sleep.

Big _____ need big nests to sleep in.

A skunk den might be under a _____ or in a log.

This is the biggest _____ of nest there is.

Do not _____ your sleeping bag as there will be no sheets or blankets!

All _____ of sleeping spots.

Dens can be _____ from wood or mud.

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Worksheet 2: Comprehension

Name: _____ Date: _____

1. Matching words and definitions

Draw a line to match the words to the definitions.

glamping	an animal's hidden spot
den	a river otter's den
trek	a spot for birds
holt	camping with less effort
nest	a long tramp
hammock	a hut in the woods
cabin	a swinging bed made of netting

2. Read the following statements. Circle T if the statement is true or F if it is false.

- a) A bobcat does not sleep in a den. T/F
- b) A chipmunk's den has just one room. T/F
- c) Nests can be formed out of spit. T/F
- d) Storks have little nests. T/F
- e) You must camp out if you are on a trek. T/F
- f) A hammock is a cloth bed that can be hung between two trees. T/F
- g) You can nap in a summer hut on the sand. T/F
- h) Owls sleep at the bottom of trees. T/F

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Worksheet 3: Wellbeing

Name: _____ Date: _____

1. Keep a sleep diary

Read the following information with a teacher or friend.

Getting a good amount of sleep each night is essential for our wellbeing. If you have a regular sleep routine and get the recommended 10–12 hours of sleep every night, then you will be able to concentrate on tasks for longer, have better problem-solving abilities, be able to make better decisions, learn and remember new things and have more energy for the day.

A sleep diary can highlight your sleep patterns and make you think about how rested you are.

Keep a sleep diary for two weeks and see what this tells you about the sleep you are getting.

- For each day record the date and day.
- Record the time you went to bed on this night.
- The next day record the time you woke up.
- Calculate your total sleep time (count how many hours and minutes it was between the time you went to sleep and the time you woke up).

Give each day a sleep mood scale rating from 1 to 5. This is a measure of how refreshed you feel in the morning.

This is the scale:

- 1 = Very sleepy, irritable, and unresponsive. Need to go back to sleep.
- 2 = Tired and not very enthusiastic. Will need to take it easy today.
- 3 = Relaxed, not at full alertness. May need a little while to wake up fully.
- 4 = Able to concentrate, quite happy. Able to handle a normal day.
- 5 = Active, very happy, full of energy.

When you have finished this task, you will look at the results to work out if you are getting enough sleep.

The sleep diary is on the next page.

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Worksheet 3: Wellbeing - continued

Name: _____ Date: _____

2. Sleep diary - Your results

Count the sleep mood scale ratings on your sleep diary.

How many of each rating do you have?

Rating 1 ____

Rating 2 ____

Rating 3 ____

Rating 4 ____

Rating 5 ____

What number did you rate most often? _____

If you rated mostly between 1 and 3, it means you probably need to be getting more sleep. If you are waking up and still feeling tired, are grumpy and want to go back to sleep, these are signs that you are not getting enough rest. Try going to bed earlier and getting a few extra hours and see if that makes a difference to how you feel.

If you rated mostly between 4 and 5, congratulations on your sleep ratings. You are getting enough sleep and feel energetic and ready to take on the day with lots of energy.

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Worksheet 4: Science

Name: _____ Date: _____

1. Did you know that there are some animals who sleep in some very odd sleeping positions?

Research the sleeping positions of the following animals. Then fill in the table.

Animal:	Bat
Sleeping position:	
Reason for sleeping position:	Bats can't take off from the ground. Their wings aren't strong enough.

Animal:	Sea otters
Sleeping position:	
Reason for sleeping position:	To avoid drifting away.

Animal:	Horse
Sleeping position:	
Reason for sleeping position:	To protect themselves and keep safe.

Animal:	Meerkats
Sleeping position:	
Reason for sleeping position:	To keep warm.