



Feel good

Count bubbles not sheep

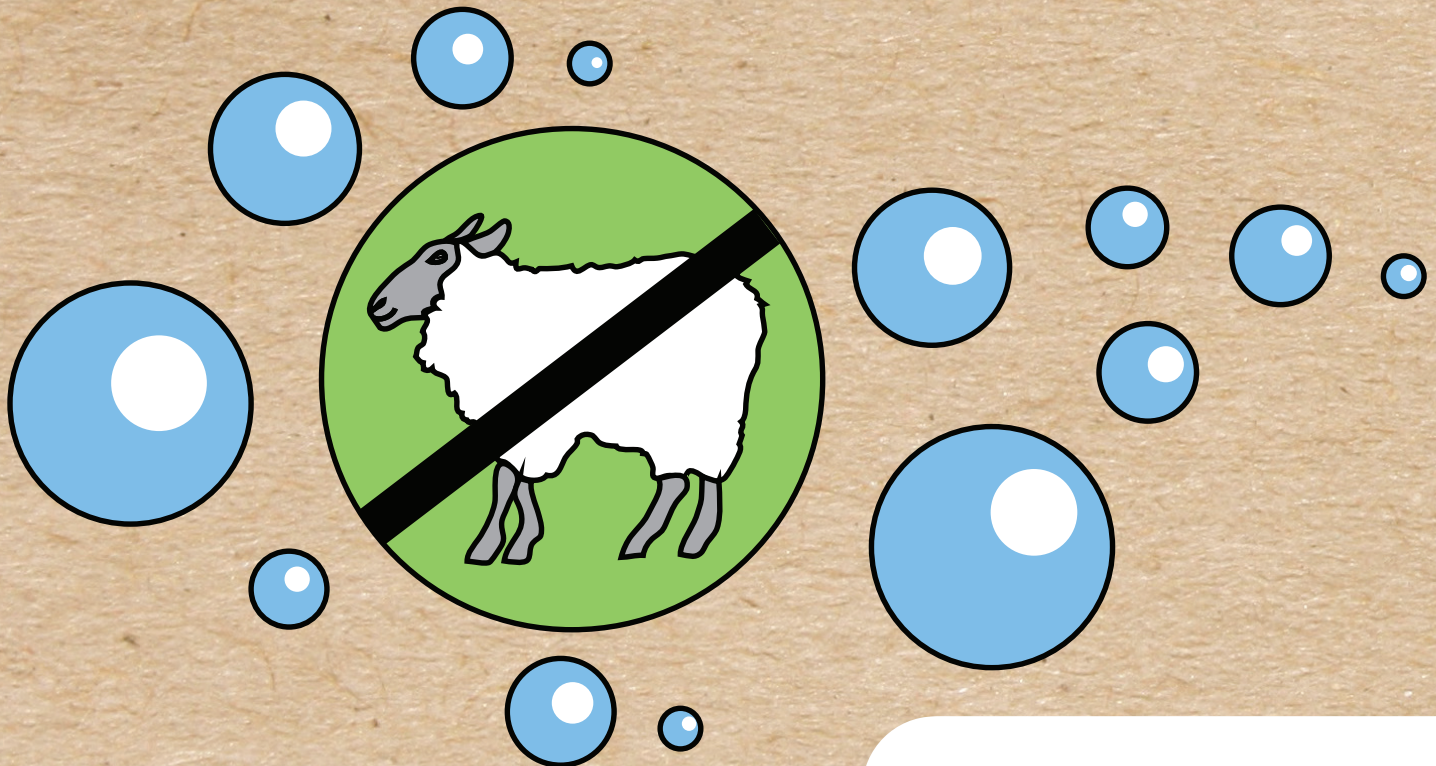
Stage

3

45 mins



Skills builder



Aim of activity

Feeling sleepy but just can't nod off? Try out some new techniques that will have you snoozing before you know it.

What you'll get out of it

- Discover why sleep is important.
- Investigate different sleep techniques.

What you'll need

- Pens
- Paper
- Bubble solution and bubble wands



WE DISCOVER, WE GROW

Girlguiding



Feel good

What to do

1 Not having enough sleep can have a huge impact on us. It doesn't just affect the way we feel, but also our bodies and mental wellbeing. As a group, talk about how lack of sleep affects you. Jot down your ideas in two columns.

2 Now it's time to try some different techniques to relax for bed and help you get to sleep quicker. To test how good they are, grab a piece of paper. Draw a line down the middle of your paper. At the top of the line write 'really sleepy' and at the bottom write 'still wide awake'. This is your 'snoozy scale'. As you test each technique, write it on your scale depending on how relaxed it made you feel.

3 Next, choose your three favourite high-energy games as a group. You have five minutes to test out each relaxation technique (opposite), play a game before each one to wake you up.

4 Get back together as a group. Talk about which techniques topped your 'snoozy scale'. Could you try any of these at home?

Take it further

Create a new 'snoozy scale' to see which of the techniques work best at home.

Relaxation techniques

Bubbles

- Take turns to use some bubble solution and a bubble wand.
- Take a deep breath and slowly blow out as many bubbles as you can.
- Watch all the bubbles float and burst – imagine these are thoughts leaving your head and bursting into nothing.
- When they've all popped, blow another set. Do this three times.

Relax your muscles

- Starting from your head to your toes, you're going to relax different muscles. First, scrunch up your forehead, nose and clench your jaw. Then relax your face and let your jaw go loose. Repeat three times.
- Stretch your arms in front of you, then raise them above your head and stretch as high as you can. Drop your arms and let them hang loose. Repeat three times.
- Put your hands on your hips and clench your stomach muscles as hard as you can. Release them. Repeat three times.
- Press your toes into the floor and clench your calves, relax. Repeat three times.

Take five breathing

- Place a hand out in front of you with your fingers outstretched. Put your index finger of the other hand at the base of your thumb.
- Breathe in slowly through your nose and as you do slide your finger up to the top of your thumb.
- Breathe out through your mouth slowly and slide your finger down the inside of your thumb.
- Continue breathing in and out until you trace your whole hand.