

What happens when I fall asleep?

What should I already know?

- Some information about myself and my routine at home.
- Know some words to name objects associated with night time and routines.
- Make some simple comments about night time, stars, space or planets.
- Name some animals.

Key Knowledge

Who works when I am asleep?	Some people work at night. Some of these keep us safe such as firemen, paramedics, doctors, nurses and midwives. Some need to work at night such as factory workers, road workers and pilots. They do this because it is the best time to do their job or people may need them at night.
When I go to sleep...	A bedtime routine is a good thing it helps our bodies get ready to sleep. We need to sleep to stay healthy and happy along with a healthy diet and staying hydrated. Washing your face and cleaning your teeth helps with a healthy lifestyle.
Why do I dream?	A dream is something that your brain does to sort out all the things that have happened to you during the day. It is a bit like watching a film. Sometimes you remember dreams and sometimes you forget them.
What is in space?	We live on a planet called Earth. Earth is shaped like a sphere. There are some other planets too. They are similar shaped but different sizes and look different colours. All the planets move around the sun. The other planets are a very long way away from us.
Why is it dark at night?	Darkness means there is no light from the sun. The Earth has moved around to face away from the sun so it is dark. It will be light in the morning again
Are animals awake at night?	Animals who are awake at night are called nocturnal animals. They find food in that dark because they have a good sense of smell and good eyesight. Hedgehogs can smell worms 8cm under the soil. Foxes can smell humans up to 500 metres away.

Vocabulary

lullabies	Song sung to soothe and help sleep
night	It is dark outside and most people are sleeping
dark	The absence of light
routine	A series of events
sleep	A time of rest usually in bed
goodnight	Said to someone at the end of the day. Signals time to sleep
animals	A living thing that is not a human
healthy	Not poorly and able to play and learn
dream	A sleep event that you may or may not remember
day	It is light outside and you are awake
space	Area beyond Earth containing planets and stars
nocturnal	Animal who hunts and is active during the hours of darkness

Skills and Enquiry

- Listen to stories and develop recall
- Maintain attention
- Understand how and why questions
- Retell events in correct order
- Build up vocabulary
- Show understanding that good practices with regard to exercise, eating, sleeping and hygiene contribute to good health
- Looks closely at similarities, differences, patterns and change.
- Creates simple representations of events, people and objects.