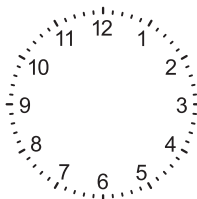




This book belongs to:

---

My bedtime is usually at:



My favourite way to sleep is:

- ☐ on my tummy
- ☐ on my back
- ☐ on my side

I like to dream about:

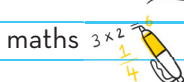
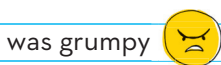
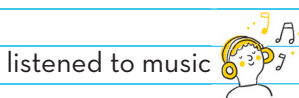
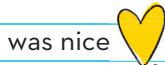
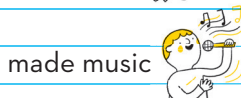
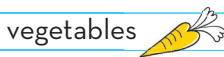
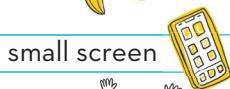
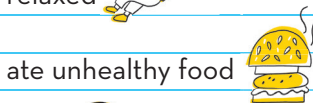
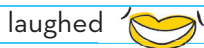
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### Contents

3	How to use Sleepchat
4 - 109	Dairy pages
110 - 111	Make a note of your dreams
112	Colophon

## Explanation of the images



# How to use SLEEPCHAT

Choose a page.

Write, tick, draw, colour, choose, reflect, relax... and chat!

Write down the date and the day of the week.

Choose the number of stars. The more stars, the nicer your day.

Each time select one of the two images or words. See the explanation on the left.

Each day has a different exercise.

## A few questions to help you

- Where did you go?
- What did you do?
- Who did you see?
- What was the best thing you learned today?
- What made you laugh?

- What wasn't so nice? Or was really boring?
- Did anyone complain about you?
- Did you complain about anyone?
- What did you get angry or sad about?

- What are you proud of?
- What went well?
- What did you try doing?

- What are you going to do tomorrow?
- What would you like to do differently tomorrow?

**date**      **day**

Which picture best describes your day? ☐ or ☐ ☐ or ☐ ☐ or ☐

How many stars would you give this day? ☐ ★ ☐ ★★ ☐ ★★★ ☐ ★★★★ ☐ ★★★★★

The best part of today was: \_\_\_\_\_

The worst part of today was: \_\_\_\_\_

Give yourself a compliment: \_\_\_\_\_

Are you looking forward to tomorrow? ☐ yes ☐ kind of ☐ no

**Laughing exercise**

**TASK 1**  
Stand and raise your arms.  
Take a deep breath and...  
Laugh out loud!  
Bend and double over with laughter.

**TASK 2**  
Take a deep breath.  
Do a crazy fake laugh.  
Keep going until the fake laugh becomes a real laugh.

45

*In this book, if you read 'dad/mum', we mean your parent(s), step-parent(s), foster parent(s), grandparent(s), childminder or anyone else who looks after you.*

date

-

-

★

day

Which picture best describes your day?

☐

or

☐☐

or

☐☐learned  
lots

or

☐learned  
nothing☐

or

☐☐

or

☐

How many stars would you give this day?

☐☐☐☐☐

The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?

☐

yes

☐

kind of

☐

no

## Sleep well

What is your favourite way to sleep?

☐

light

or

☐

dark

☐

long

☐

short

☐

naked

or

☐

in pyjamas

☐

barn

or

☐

beach

☐

alone

or

☐

together



date

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★

day

Which picture best describes your day?

☐


or

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or

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or

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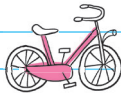
☐

*busy*

or

☐

*quiet*

☐


or

☐


How many stars would you give this day?

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date

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day

Which picture best describes your day?

☐


or

☐

☐

crazy

or

☐

normal

☐


or

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☐


or

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or

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How many stars would you give this day?

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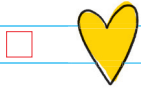
date

day

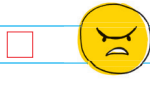
Which picture best describes your day?



or



or


☐ *helped somebody*

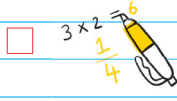
or

☐ *helped by somebody*


or



or



How many stars would you give this day?



The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?



## ABCDEF

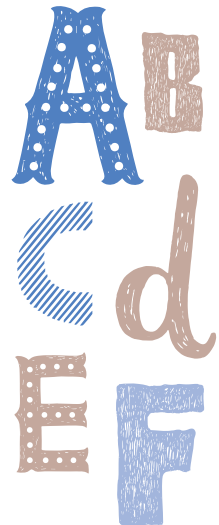
Choose 3 letters.

Write a word that begins with each of the three letters.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

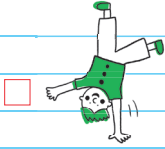


Are you **struggling**? Maybe you could think of a **name** instead. Is it **too easy**?  
Then you could think of a word that describes **today** instead.

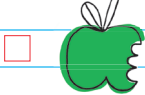
date

day

Which picture best describes your day?



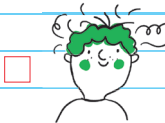
or



or


☐ *learned lots*

or

☐ *learned nothing*


or



or



How many stars would you give this day?



The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?



yes



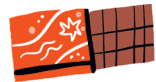
kind of



no

## Things I've seen

What have you seen today?


☐ chocolate

☐ a hug

☐ sunglasses

☐ the internet

☐ thumbs up

☐ scissors

☐ post

☐ watch

date

-

-

★

day

Which picture best describes your day?

☐

or

☐☐

or

☐☐

or

☐☐

busy

or

☐

quiet

☐

or

☐

How many stars would you give this day?

☐☐☐☐☐☐☐☐☐☐

The best part of today was:

The worst part of today was:

Give yourself a compliment:

Are you looking forward to tomorrow?

☐

yes

☐

kind of

☐

no

## Muscles

Lie down on the floor or on your bed. Clench your fists.

Count to ten while squeezing them tight and feel the tension.

1... 2... 3... 4... 5... 6... 7... 8... 9... 10

*Stop squeezing and relax your muscles.*

Now count to ten very slowly in your head. Breathe out

at each count. Try to relax a little more with each count.

1... 2... 3... 4... 5... 6... 7... 8... 9... 10

1

2

3

4

5

6

7



8

9

10



How many stars would you give this day?



☐ ★  
☐ ★ ★  
☐ ★ ★ ★  
☐ ★ ★ ★ ★  
☐ ★ ★ ★ ★ ★

☐  or ☐ 

The best part of today was:

The worst part of today was:

☐  or ☐ 

☐  or ☐ 

Give yourself a compliment:

Are you looking forward to tomorrow?

☐ yes ☐ kind of ☐ no

1. How many stars can you find?
2. Choose three things from the picture that best describe today. Use them to come up with a little story.

