**HAPPY SLEEP HABITS**

Make sleep your superpower! Scientists say children need at least nine hours of sleep every night to feel happy and stay healthy.

Getting a good night’s sleep is important for happiness. If we have too little sleep, it can make us grumpy, easily upset and less able to concentrate and learn. It can also mean we want to eat sugary foods that aren’t good for us and make us less likely to want to exercise.

Can you find a bedtime routine to make sure you get a good night’s sleep every night?

**TOP TIPS FOR SLEEP**

- Try and stick to a regular bedtime, to help you get to sleep faster and sleep better.
- Have a milky drink an hour before bedtime.
- Make your bedtime space cosy, quiet and dark – light and noise can keep your brain wide awake, making it harder to fall asleep.
- Switch off your tech! Devices like phones, tablets and laptops give out a blue light that makes your brain think it’s daytime, keeping you awake. Apps, games and messaging keep your mind whirring rather than letting it rest. So switch these all off an hour before you want to sleep and read a book instead.

**MAXIMISE YOUR MOVING!**

Health experts say kids need to do at least 60 minutes of moderate to high intensity physical activity every day.

**MODERATE INTENSITY activities include:**
- walking to school
- riding a scooter
- skateboarding
- walking the dog
- cycling on flat ground

**HIGH INTENSITY activities include:**
- swimming
- running
- playing chase or football
- dancing energetically
- cycling fast or uphill

It’s good to do activities that make your muscles and bones stronger as well, such as: climbing, tennis, skipping, hopscotch and gymnastics. Try and do some of these activities at least three times per week.

**GIVE A ‘HAPPY SCORE’!**

- After each activity, ask everyone to give themselves a happiness score out of 10 to show how much they enjoyed it. The higher the number, the happier the activity!
- You could even make everyone a set of score cards and ask each person to hold up their happiness score after each activity.
- Spread the word! Tell others about the benefits of holding a Happy Games event.

**HAPPY GAMES EVENT**

Gather your friends, head outside and throw a Happy Games event! You’ll have loads of fun, as well as discovering the benefits of outdoor exercise.

**YOU WILL NEED:**
- Equipment for the games (ball, football, skipping rope, potato, spoon, obstacles, etc.)
- Sheets of paper
- Pens

**IDEAS FOR ACTIVITIES:**

- THROW, CLAP & CATCH – How many times can you throw a ball up in the air and catch it again, clapping three times after each throw?
- UP IN THE AIR – How many times can you keep a football in the air, bouncing it only on your knees?
- SKIP AND SING – Who can skip on the spot for the longest time while singing a song?
- HOPPING RELAY – In teams, have a hopping relay race while throwing and catching a ball at the same time.
- POTATO AND SPOON RACE – Race while balancing a potato on a spoon and stepping over small obstacles.