



Healthy Sleep and Safe Gaming

Why Sleep Matters

- Sleep helps you grow
- Sleep helps mood and concentration



- Devices need to rest before we do



A good night's sleep helps us have a better day!

Why Do We Need to Sleep?

Watch this video to learn about why our body and brain needs sleep:

[https://www.youtube.com/watch?v= aAmaCeq9v4](https://www.youtube.com/watch?v=aAmaCeq9v4)



Helpful Bedtime Routine Guidance

- **7 year olds:**

Devices off 6:30pm–7:00pm

- **8 year olds:**

Devices off 6:45pm–7:15pm

- **9 year olds:**

Devices off 7:00pm–7:30pm

- **10 year olds:**

Devices off 7:15pm–7:45pm

- **11 year olds:**

Devices off 7:30pm–8:00pm



Remember: Devices need to rest about an hour before you go to bed!

Safe Gaming and Online Kindness

- Choose age-appropriate games
- Never share personal information
- Use calm, respectful words
- Would I say this to someone's face?



Be kind - Protect personal information - Always tell an adult if you feel unsafe

★ MIA'S STORY ★

SLEEP, SAFETY AND KINDNESS ONLINE

1. Mia loves gaming

Mia is 9 years old. After tea, she loves to play a game with her cousin on their console.



2. "Just one more round..."

The game is exciting!
Mia says,
"Just one more round."

Then another
round becomes
another round...



3. Later than usual

By the time Mia looks up, it's much later than usual.



4. Busy brain at bedtime

In bed, Mia's body feels tired, but her brain is still bouncy.

- Who won?
- What should I do next time?
- Did I miss out?



5. A tough morning

The next morning, Mia feels grumpy and not like herself.

- Harder to listen
- Forgot spellings
- Hard to concentrate



6. Unkind messages online

While playing online, another player types unkind messages.



7. Mia remembers...

Mia wants to reply with something nasty back.

But she remembers what her mum said:

Pause,
think,
choose.



8. Mia makes good choices

So Mia:

- ✓ Stops typing
- ✓ Takes a breath
- ✓ Leaves the game
- ✓ Tells an adult

I'm going
to tell Mum.



9. Getting help

Mia tells her mum.
They:

- ✓ Block the person
- ✓ Report the messages
- ✓ Calm down together



10. A better bedtime plan

Mia and her family
make a new plan:

- ✓ No screens in the last part of the evening
- ✓ A quiet activity before bed
- ✓ Devices charge away from the bed



11. Kind words online

Mia practises kind,
respectful sentences.

Please stop.

I'm not
speaking
like that.

Let's play
fairly.

That comment
is hurtful.



12. What Mia learned

Mia learned that:

- ♥ Your sleep helps her feel her best
- ♥ Kind words keep games fun for everyone
- ♥ The person on the other side of the screen is a real person



Online kindness
is real kindness.



THE LESSON

PAUSE. THINK. CHOOSE.



Pause before
you post, type
or keep playing.



Think about
sleep, safety
and kindness.



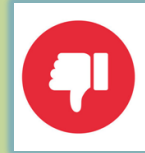
Choose the action
that protects your
brain and respects
other people.

Making smart choices online



= safe and kind choice

or

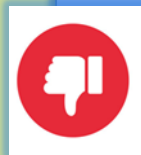


= unsafe or unkind choice

I stop my game and put my device
away before bedtime so my brain
can rest.



Someone is rude in chat, so I write
something even meaner back.

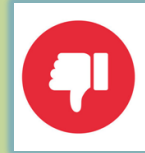


Making smart choices online



= safe and kind choice

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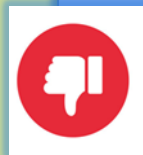


= unsafe or unkind choice

I feel upset online, so I stop and
tell a trusted adult.



I type my full name and
school into a game chat.

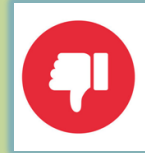


Making smart choices online



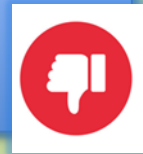
= safe and kind choice

or



= unsafe or unkind choice

I keep playing even though
I feel tired and cross.



I think before I post or
send a message.



Let's Talk About What We've Learned

Why do you think screens can make it harder to fall asleep?

The light and flickering from screens can keep your brain awake and make sleep harder.

What should you do if someone is rude to you in a game or chat?

Stay calm, block them and tell an adult.

How can you tell the difference between joking and being unkind online?

You can't. You can't see their faces so you don't know whether they are joking or being unkind.

What words could you use to be respectful online?

Use kind words like "please," "thank you," and "good game."

Why is it important to have a bedtime routine that helps your brain calm down?

A good bedtime routine helps your brain relax which means that you get good sleep and wake up refreshed.



Small Changes That Help

- Charge devices outside the bedroom.
- Read, draw or listen to calm music before sleep.
- Pause before posting or typing online.
- Use kind and respectful words in games and chats.
- Tell a trusted adult if something online feels upsetting.

Pause – Think - Choose

- Pause before you post
- Think about sleep, safety and kindness
- Choose actions that protect your brain and others

Small changes make a big difference!

Remember:

Your sleep matters

Your words matter

Your choices matter