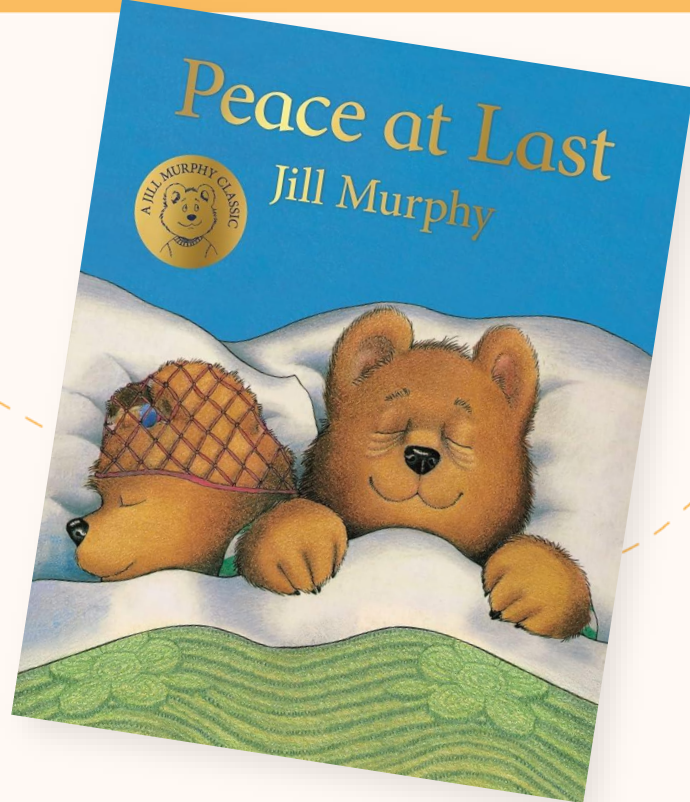


Peace at Last

Written and Illustrated by
Jill Murphy

This classic story is great for opening conversations around the importance of getting sleep and finding ways to relax.



5 Objectives

This document contains lesson plans for the following 5 objectives.:

Lesson 1:

I can explain why I need enough sleep.

Lesson 2:

I can tell you some strategies to manage feeling tired.

Lesson 3:

I can tell you what helps me to get a good night's sleep.

Lesson 4:

I can tell you some ways I can help myself when I feel fidgety.

Lesson 5:

I can tell you why permission-seeking is important. I can say no when something feels wrong or uncomfortable.

Tags:

Fidgety, Permission-Seeking, Saying No, Consent, Sleep, Tired

Sensitive Content in This Story

This story focuses around Mr Bear's inability to get to sleep, and it alludes to him getting more frustrated as the night goes on. You might find that some children disclose about their parents' or family's sleeping arrangements, or what happens in their house when everyone else is sleeping. Some of the things shared could be safeguarding concerns, therefore teachers should be prepared for children to make disclosures.

Some children might not have their own bedroom or may have parents who sleep in the same bed as them. Teachers should be mindful of this when asking questions of the children.

Wellbeing skill links

Relationships, Sex and Health Education (RSHE) statutory skills and PSHE Non- Statutory Skills

Being Safe (s):	Health and Prevention (s):
What sort of boundaries are appropriate in friendships with peers and others. (Lesson 1, 5)	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. (Lesson 1)
Respectful Relationships (s) :	Mental Wellbeing (s):
<p>The importance of permission seeking and giving in relationships with friends, peers and adults. (Lesson 5)</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships. (Lesson 4)</p>	<p>Simple self-care techniques, including the importance of rest. (Lesson 3)</p> <p>Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. (Lesson 2, 3, 4, 5)</p> <p>That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. (Lesson 2, 4)</p>
<p>Further Skill Coverage:</p> <p>All Settle activities cover: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>All Training activities cover: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	

Literacy Links

Through the following 5 lesson plans children will explore the following literacy objectives.

Vocabulary:	Retrieval:	Inference:
<p>Talk about what words mean and learn new vocabulary in order to understand what has been read.</p> <p>Make links to words already known to help understand the text.</p>	<p>Check the text makes sense</p> <p>Retell familiar stories in the correct sequence</p>	<p>Make inferences on the basis of what is being said and done</p> <p>Talk about characters' feelings</p>

British Values and SMSC



Lesson Content

All five of the lesson plans related to this book follow our STORY structure



S

Settle: Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing.



T

Training: Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling.



O

Objective: Introduce a wellbeing objective for children to focus on when they are listening to the story



R

Read: Read the story and discuss the following guided reading questions as a class.



Y

You: To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

Some other stories we would recommend that are related to this story are:

Goodnight Already! By Jory John

I'm really not tired by Lori Sunshine

I am not sleepy and I will not go to bed by Lauren Child

This guide for parents could be helpful if you have any children in your class who need more support with sleep hygiene:

<https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>

