

Healthy Routines: Sleep, Move, Eat, Drink

Recognise everyday routines that support wellbeing without shame or rigid perfection.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Recognise everyday routines that support wellbeing without shame or rigid perfection.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 bodies need rest, movement, food and fluids

2 needs vary between people and days

3 trusted adults help with health decisions

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Sort routines into morning/day/evening examples.

Plan three movement breaks that fit different spaces.

Choose a water reminder strategy.

Identify why sleep routines can help.

Rewrite “I missed my routine, so I failed” into a flexible next-step thought.

Try it beyond the page

Real-world / hands-on connection

Try one activity in real life with a trusted adult or teacher and discuss what worked.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a balanced day wheel with learning, play, food, movement and rest.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. What did you learn about yourself or your strategy?

2. Who can support you with this skill?

3. What is one small next step?

Quick review

1. In one sentence, explain the big idea of “Healthy Routines: Sleep, Move, Eat, Drink”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

Reflective responses vary; look for a specific example.

2. Suggested response

A trusted adult/teacher/family member may be named without private details.

3. Suggested response

The next step should be small and achievable.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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