



FLOURISH · FALL

YEAR 6

Sleep, move, fuel

Habits that support learning and mood.

#sleep

#movement

#fuel

#habits





Sleep, movement, food: which one changes your school day the most?

You can always pass, write your answer privately, or use a made-up example.



1 Corinthians 6:19–20

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

1 Corinthians 6:19–20, New International Version (NIV)

CHRISTIAN CONNECTION

Paul treats the body as something entrusted to us, not something to run into the ground. Rest, movement and food are part of honouring God.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which sentences give a useful clue about what would actually help?

In groups, read all six cards and sort them.

For each card you set aside, write a more useful version.

1 I will never be a morning person.

3 I ate breakfast, so I was not starving by second lesson.

5 I slept eight hours and found the reading easier this morning.

2 I charge my tablet outside my room, so I fall asleep sooner.

4 I was just tired.

6 I walked for fifteen minutes at lunch and felt calmer after.

Several habits can help – aim for one small change you could actually keep.

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“One small habit I will keep this week is ...and I will know it helped when ...”

Write this one privately — you don't have to share it.

TAKEAWAY

One small habit you keep beats a big plan you drop.



CONNECT



EXPLORE



PRACTISE



REFLECT