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Healthy Me: Resting and Sleeping (Hardback)

By Katie Woolley

Hachette Children's Group, United Kingdom, 2018. Hardback. Condition: New. Ryan Wheatcroft (illustrator). Language: English. Brand New Book. How much sleep do I need? What happens when I sleep? Why do I dream? Will screen time affect my sleep? Why should I rest? The answers to these and many other questions about resting and sleeping can be discovered in this lively and informative series. The topics of fitness and fun are complemented by charming and humorous illustrations. This book is designed for children to begin to learn about the importance of being healthy, and the ways in which we can look after our bodies to keep fit and well. At the back are notes for parents and teachers that provide additional advice and support as well as further activity ideas and information. These titles support the science curriculum at Key Stage One and Key Stage 2, as well as PSHCE topics. The Healthy Me series is aimed at children aged from 5 and up to explain how people can keep fit and be healthy, forming habits that will last a life time. Other titles in the series are: Exercise and Play, Keeping Clean, Eating Well, Keeping Safe, Taking Medicines.



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