



What is Sleep Day?

November 3rd, 2017 is our second annual Sleep Day - a day where we encourage all Canadians to participate by going to school or work in your pyjamas in preparation for the end of Daylight Saving Time on Sunday, November 5th.

By providing a small donation, you can help improve the lives of countless children in developing countries with the aid of a much needed **bedkit**. To support a country's local economy, bedkits are created in the country of distribution, and include important items integral to a child's health, well-being and success: a mattress and bedding, mosquito nets, and a backpack and school supplies.

Your participation on November 3rd is a simple yet impactful way to give children who are less fortunate a chance to thrive in challenging conditions.

More information can be found at: <http://www.scaw.org/sleepday/>

What is Sleeping Children Around the World?

Sleeping Children Around the World lead a 100% charitable global community of volunteers & partners who have transformed the lives of over 1.5 million children in developing countries by providing bedkits for a good night's sleep.

Since its founding by Murray and Margaret Dryden in 1970, SCAW has raised over \$40 million to provide bedkits for children in 34 countries. In 2009 we reached our millionth child.

Each \$35 donation provides a bedkit that consists of a mat or mattress, pillow, sheet, blanket, mosquito net, clothes outfit, towel and school supplies. Bedkit contents vary from country to country depending upon local needs. Bedkits are manufactured or purchased overseas by trustworthy organizations and individuals who use their local knowledge and expertise to pick the best bedkit items for the children living in that area. All bedkits are assembled in the country of distribution to eliminate shipping costs and to stimulate the economy.

More information can be found at: <http://www.scaw.org/purpose-home/>

Why take part in Sleep Day?

Wearing pyjamas for a day provides teachers with an exciting opportunity to raise awareness about the lives of children in other countries, and a focal point suitable for Social Studies, Canadian and World Studies as well as Citizenship Education. Sleep Day is suitable for all grades as long as teachers adjust the research tasks and fund-raising aims appropriately.



Make Your Sleep Day a Success!

Sleep Day provides an opportunity to students to learn more about the lives of children in other countries as well as the work of organisations like Sleeping Children Around the World.

Introduce Sleep Day

We have compiled a few ideas for how you can introduce Sleep Day to your students. These can be adapted depending on the age and ability of your group:



- Show a film from SCAW's Youtube channel including:
 - About Sleeping Children Around the World
<https://youtu.be/Bak9o-ZLpGU>
 - Example of a Distribution Day video
<https://youtu.be/vvIOXY3AUnM>
- Ask students about their sleep habits - compare what is the same and different amongst the class and ask students to make guesses about what might be different around the world
- Wear your pyjamas and ask the students to guess why you might have done this
- Introduce Sleep Day with links to the UN Convention on the Rights of the Child - provide students with a summary or the full list of rights, and ask them to consider how many rights they enjoy in Canada. What areas of health, wellbeing, security, and education may be impacted if a child does not have a safe place to sleep?
- Introduce Sleep Day to your students and ask them to think creatively about what they could do to find out more about children in need, and what they could organise to mark Sleep Day



Prepare for Sleep Day

Once your students are excited and ready to take part in Sleep Day, you may want assign them some research tasks or activities so they can find out more and share what they learn with each other.



You could do this by:

- Introducing them to the UN's Convention on the Rights of the Child (or a selection of these rights depending on the age of your class)

Other resources about the UNCRC

<http://www.everychild.ca/uncrc>

<http://www.childrensadvocate.mb.ca/concerned-youth/unc-rights-puzzle-game/>

- Provide some starting materials and ask them to research what life is like for children in some of the countries that Sleeping Children Around the World distributes bedkits in: Bangladesh, Honduras, India, Kenya, The Phillipines, Sri Lanka, Tanzania, Togo and Uganda.

For example: you could set the class a research task and then groups could share and together select a country to research more and raise money for.

- Decide how you are going to fundraise: Each staff or student could bring in \$5.00 along with wearing pyjamas, or you could host a bake sale or activity with the aim of raising a specific target.

Remember: Every \$35.00 equals one bedkit!

- Ask your students to work in groups to propose activities for Sleep Day. You may want to draw in from other areas of the curriculum:

Art: make posters for Sleep Day

Literacy: do some planning and writing activities to prepare for Sleep Day

Math: budget and plan for the day and set a fundraising/number of bedkits target

Music: listen to songs or lullabies from the countries that SCAW distributes to

- Communicate plans for Sleep Day to students, parents and your fellow staff. Sleeping Children Around the World has example letters on their website for colleagues and parents. These can be downloaded as .pdf or word documents so that you can edit them to suit your own activities.



On Sleep Day

Sleep Day is a chance to have fun, while knowing that you are contributing to a worthwhile cause. Students or teachers could organise and deliver:



- Awards for different categories of pyjamas: best onesie, most creative, best nightcap
- Pyjama Parade or fashion show
- Pancake breakfast or potluck with 'bedtime snacks'
- Presentations and sharing of research or creative work done in lead up to the day
- A slumber party with games, films and popcorn

Don't forget to...

- Share information about Sleep Day with staff, students and parents
- Share what you are doing for Sleep Day on social media #SleepDay
- Submit your Sleep Day fundraising online via: <https://scaw.thankyou4caring.org/sleepday>

Or by sending a cheque to:

Sleeping Children Around the World
28 Pinehurst Cres., Toronto ON
M9A 3A5

Additional Links/Resources

Teaching about Sleep/Sleep Habits

- Lesson Plans about Sleep Education - <http://school.sleepeducation.com/>
- Pre-School Lesson Ideas - <http://www.brighthubeducation.com>

Sleep Research

- Why teachers need enough sleep - [News article on Guardian.com](#)
- Report Card on Physical Activity for Children and Youth - [Are Canadian Kids Too Tired to Move?](#)
- Article on Sleep and Health - [Are Sleep Problems the Next Global Health Crisis?](#)
- Article on Sleep Problems in Canada - [More than a quarter of Canadians get fewer than 7 hours of sleep](#)
- Article about sleep and focus - [Children struggling to concentrate at school due to lack of sleep, MPs told](#)

Information about Countries that SCAW distribute to

Bangladesh

<http://www.bhesa.ca/homepage/about-bangladesh>

<http://www.sciencekids.co.nz/sciencefacts/countries/bangladesh.html>

'I get scared if I sleep alone: Street Children in Bangladesh' (News Article) <https://www.theguardian.com/global-development/gallery/2016/may/02/bangladesh-street-children-scared-sleep-alone>

Honduras

<https://www.activityvillage.co.uk/honduras>

<http://study.com/academy/lesson/honduras-facts-lesson-for-kids.html>

'Honduran child migrants leave home because of poverty and violence' (News Article)

https://www.washingtonpost.com/world/honduran-child-migrants-leave-home-because-of-poverty-and-fear/2014/07/15/9f073040-a56d-488c-9473-1265d1a8c2aa_story.html?utm_term=.fb88d1a48679

India

<https://www.activityvillage.co.uk/india>

<http://www.teachindiaproject.org/Lessons.htm>

<https://myriadflavoursoflife.com/2016/04/traditional-indian-toys-and-games.html>

The Nobel Prize for medicine reminds us how important sleep is. So, how well do Indians sleep? (News Article)

<https://scroll.in/pulse/853933/the-nobel-prize-for-medicine-reminds-us-how-important-sleep-is-so-how-well-do-indians-sleep>

Kenya

<http://www.twinkl.co.uk/resources/ks2-around-the-world/ks2-around-the-world-africa/ks2-around-the-world-kenya>

<https://www.farmafrica.org/downloads/2015-lesson-plans/geography-ks2---places.pdf>

<https://www.natgeokids.com/uk/discover/geography/countries/country-fact-file-kenya/>

A day in the life of a child in urban Kenya (Videoclip) <http://www.bbc.co.uk/education/clips/z2j6sbk>

The Phillipines

<http://countries.mrdonn.org/philippines.html>

http://www.seasite.niu.edu/Tagalog/Teachers_Page/teachers_pagefs.htm

<http://kids.nationalgeographic.com/explore/countries/philippines/>

Children in the Phillipines Risk Their Lives in Underwater Gold Mines (News Film) <http://time.com/4055289/child-miners-philippines-gold/>

Sri Lanka

<http://www.bbc.co.uk/news/world-south-asia-12004081>

Geography Kids learn about Sri Lanka (youtube) <https://youtu.be/nST8i8VKd00>

Information about Countries that SCAW distribute to (continued)

Tanzania

<https://www.natgeokids.com/uk/discover/geography/countries/country-fact-file-tanzania/>

<http://easyscienceforkids.com/tanzania/>

<https://www.activityvillage.co.uk/tanzania>

A Tanzanian Child's Tale (News Article) <https://www.theguardian.com/global-development/2015/aug/31/africa-children-tanzania-zainab-salehe-abu-at-10-years-old>

A Day in the Life (Youtube Video) <https://youtu.be/IDQxXWQg1sw>

Togo

<https://www.tes.com/teaching-resource/togo-compare-and-contrast-ks2-6036207>

<http://www.bbc.co.uk/news/world-africa-14106781>

Life in Togo (Youtube) https://youtu.be/ixhYtVeW_AA

Uganda

<https://www.tes.com/teaching-resource/children-s-rights-uganda-and-street-children-6343342>

<https://www.activityvillage.co.uk/uganda>

The Life of an Ugandan Street Child (Youtube) <https://youtu.be/ZWjgaexb4GQ>