The Inside Story Booster Session 3 -Assessment Task





Learning Intention:

<u>Today we are:</u> learning about the importance and benefits of sleep. <u>So we can</u>: work towards getting good quality restful sleep. <u>I will know I have been successful:</u> when I can communicate 3 positive benefits from getting quality sleep.

Sleep is like a superpower for your body! It helps you rest, recharge, and feel your best every day. Explain why getting a good night's sleep is so important for everyone! $\int z^Z$

Assessment Task:

Write a persuasive text about the importance and benefits of a good sleep routine. You must include:

• 3 supporting statements with examples and elaborations and a supporting picture.

Call to Action: The Need For Sleep.