# The Inside Story Booster Session 3 - Assessment Task

LifeEd. Every child deserves to thrive

the inside story. Discovering a healthy active you

## Learning Intention:

Today we are: learning about the importance and benefits of sleep.
So we can: work towards getting good quality restful sleep.
I will know I have been successful: 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!

**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.