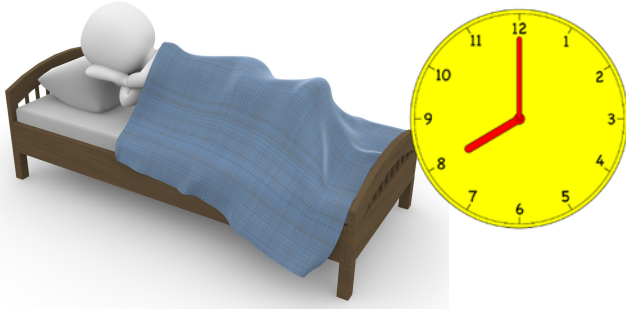




SLEEP

1



I go to bed at 8 o'clock.

2



I need lots of sleep as I am still growing.
Sleep helps my muscles rest, so I have energy for the next day.

3



Sleep helps my bones grow big and strong.
Sleep helps my brain rest so I can learn at school.

4



My mum and dad need to sleep too as they are very busy looking after us.

5



My mum and dad are very proud of me for sleeping in my bed.

6



I am very proud of myself for letting my mum and dad have a good sleep.