

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Cheesecake, bicycling triumphs and book recommendations!

Spotlight on: Sleep



Welcome! Did you know that humans spend 1/3 of their lives asleep, but are the only species to resist going to sleep?



Are you ready to take the Sleep Quiz?

Question 1

Do you feel sleepy during the day?

- A. Only in the mornings and late at night.
- B. Yes, I often feel sleepy.
- C. Never!

Question 2

Do you wake up feeling refreshed?

- A) Sometimes
- B) No,
- C) Yes, of course!

Question 3

Do you take a nap in the day?

- A) Sometimes when I've been very busy.
- B) Whenever I can, I love a day sleep!
- C) No, it's not my thing.

Question 4

How quickly do you fall asleep?

- A) After a few minutes of wriggling around.
- B) It takes me a long time.
- C) As soon as my head hits the pillow.

Question 5

Do you ever wake in the night?

- A) Sometimes, but then I fall asleep quickly again.
- B) Yes often, and I lay awake for ages.
- C) Nope!

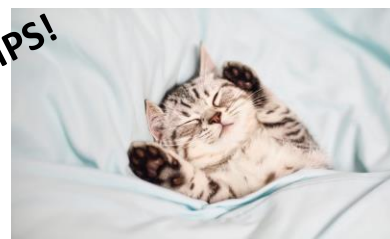
SCORES: A = 5 B = 10 C = 2

26-50 – read below you could be in need of some new healthy sleep ideas.

15-25 – A bit better, but some of the ideas below might help.

0-14 – You sleep like a kitten but you never know, there may be some ideas below that you'd like!

SLEEP TOP TIPS!



DO:

- 👍 Get some fresh air in the day
- 👍 At night, bedrooms should be dark, cool and calm.
- 👍 Something relaxing just before bed; a shower, reading, or some gentle stretches.
- 👍 Write down/or talk to someone about your worries before bedtime.
- 👍 Go to bed and get up at a similar time every day.

DON'T:

- 👎 Spend time on your phone/screens just before bed.
- 👎 Drink tea or coffee or eat sugary snacks just before bed.
- 👎 Sleep too much in the day.



TOP BOOKS: Maze runner series, Lord of the Rings, My Hero Academia series

BOREDOM BUSTERS!

Listen to an Audio Book.

Love books but want to take a break from reading? Then check out the sites below for free audio books.



Audible
Lit2Go
Spotify
Project Gutenberg

ON THE WEB HOMESCAPES

Interested in interior design and puzzles? Then look no further! Free to download.



FUN SEWING ACTIVITY



Lavender is often used to help people feel relaxed and go to sleep. If you like a bit of sewing then have a go at making your very own lavender sachet. There are plenty of tutorials on you tube or the web,

This photo by Unknown author is licensed under CC BY-ND.

Your Say



This photo by Unknown author is licensed under CC BY-ND.

We have loved hearing about all the activities you have been up to. Well done for keeping so active and positive!

Well done Louis for the fantastic strawberry cheesecake! YUM!



Brilliant Biking!

A massive well done to one of our readers who has clocked up an impressive 10 miles A DAY on his bike around Ferry Meadows!



We would love to hear from you about what you are doing.

Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

PETERBOROUGH
CITY COUNCIL
Autism Advisory Teacher Service

Cosy Corner

TRUE OR FALSE?

1. Famous people from Peterborough include Louis Smith (Gymnast) and Aston Merrygold (JLS)
2. Katherine of Aragon, buried at Peterborough Cathedral was the first wife of Henry VIII to be beheaded.
3. Serpentine Green hasn't always been there – it was opened in 2005
4. Victoria Beckham AKA POSH SPICE (wife of footballer David Beckham) tried to stop Peterborough United from using the name POSH in 2002.
5. Longthorpe tower has a painting of a mythological beast armed with projectile flaming excrement!

Last week's answers:

1. Netball
2. Tennis
3. Judo
4. Yoga
5. Running
6. Gymnastics
7. Squash
8. Golf
9. Javelin
10. Hockey

Well done if you got all or some of them!