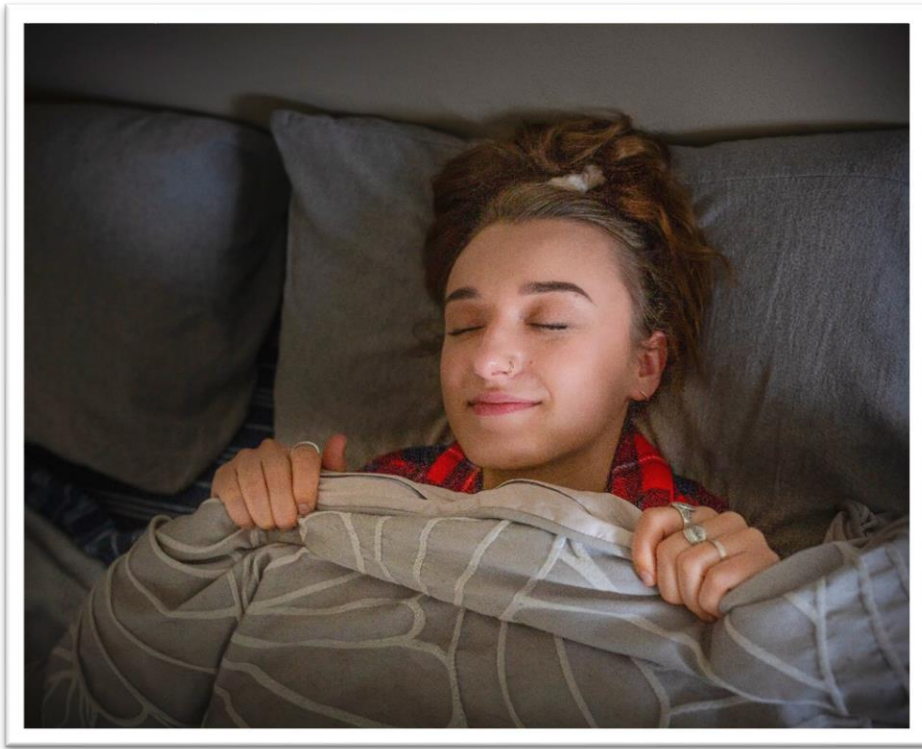


# Sleeping Well

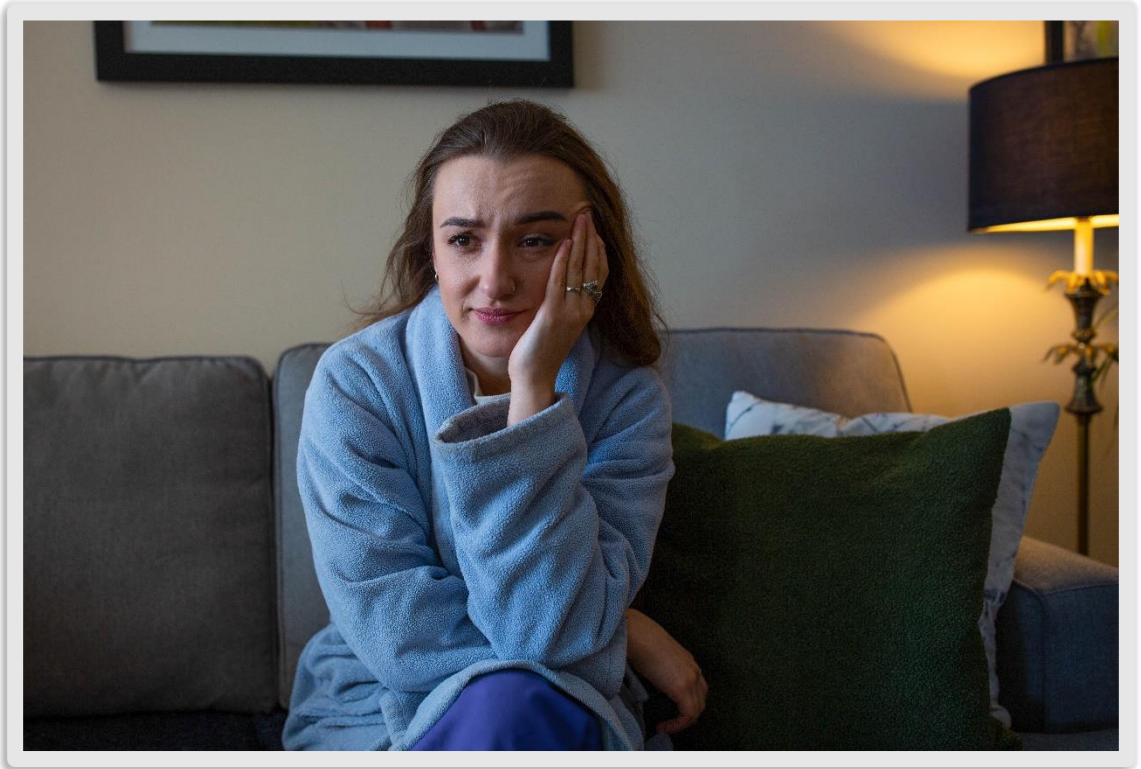


**Literacy Centre  
of Expertise**

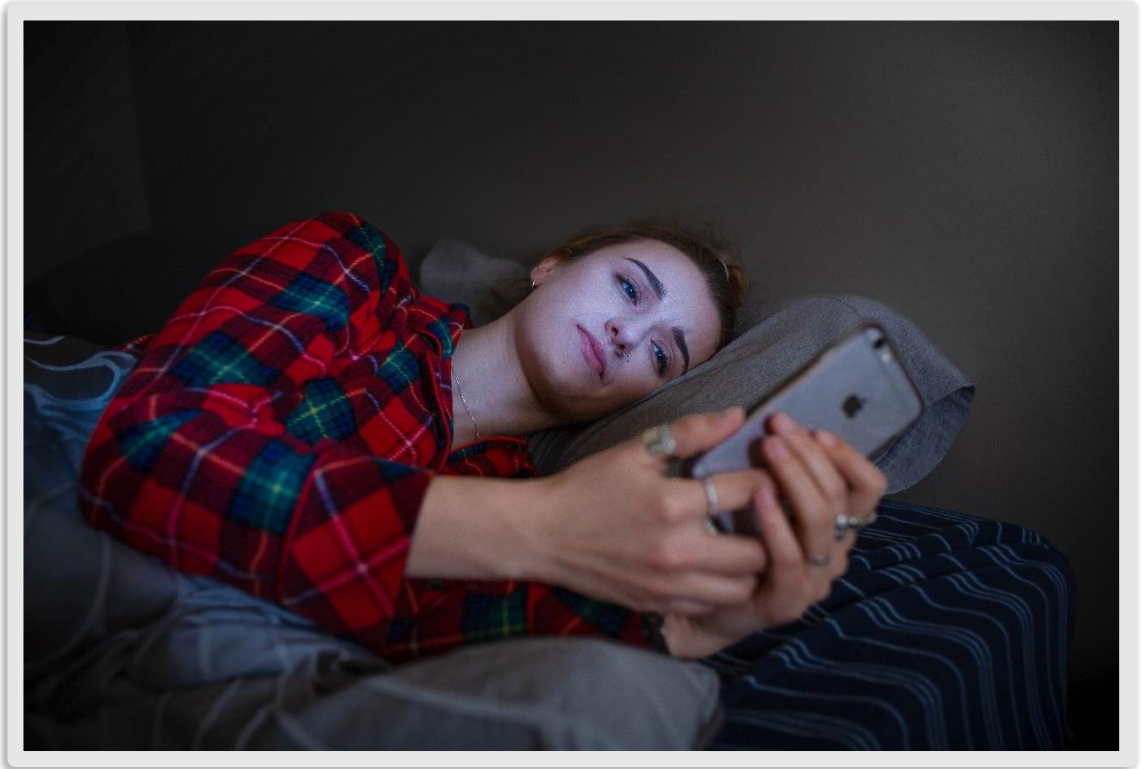
Presented by The Immigrant  
Education Society (TIES)



Emma has trouble falling asleep at night.



Before bed, she feels stressed about her family and money.



When Emma is in bed, she reads texts and checks her credit card bills.



She wants to sleep well so she asks her best friend for help.



Her friend says “Take a bath before you go to sleep. This will help you relax.”



“Keep your phone outside of the bedroom at night.”



“Don’t drink coffee in the evening because it will keep you awake.”





Emma's friend asks her "Do you think these are good ideas?"



Emma tells her friend “Yes, I will try and see if they help.”



After a few weeks, Emma is having less worry before bed.



She can fall asleep faster and feels more rested when she gets up.



She plans to keep these new bedtime routines.

Circle  the correct spelling.



bed

bead



text

teext



weks

weeks





aslep

asleep

sight words →

about

want

so

not

your



sight words →

outside  
after  
few  
more





# Literacy Centre of Expertise

Presented by The Immigrant  
Education Society (TIES)

## 2023 Literacy Centre of Expertise

This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit: <http://creativecommons.org/licenses/by-nc-sa/4.0/>

(Reproduction of this material is permitted for non-commercial, educational use only as stipulated in the above CC license)

For any questions regarding use, please contact the Literacy Centre of Expertise:  
<https://www.immigrant-education.ca/literacycentre/contact/>

Funded by / Financé par:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

Scan to see the digital story

