

‘Kia aioio te moe, e au te moe’

Have a restful and peaceful sleep



TO MAKE YOUR SLEEP CLOCK YOU WILL NEED...

- 1 clock face
- 1 bedtime/ wakeup dial
- 1 pair of scissors
- 1 split pin
- an adult nearby to help you if you need them



STEP 1

Cut around the outside of your bedtime/ wakeup dial...

STEP 2

Carefully cut out the Sections with the Symbol.....

STEP 3

Place the dial face up on the clock face and push the split pin through the centre dot of both circles...

STEP 4

Fasten the split pin at the back so the dial can spin.

For further information:

<https://www.health.govt.nz/publication/sit-less-move-more-sleep-well-active-play-guidelines-under-fives-resources>