



# GOOD NIGHT

## *Purpose & Focus*

Unifies the group in learning what helps others sleep and how to be respectful. Helps each youth learn techniques to unwind and get a good night's rest.

## *Participants*

Any number of participants.

## *Time Allotment*

15 – 30 Minutes

## *Activity Level*

Low

## *Materials*

- Paper
- Pens or pencils

## *Method*

- Begin by explaining that we all have the ability to regulate our emotions using simple techniques.
- Pass each group member a piece of paper.
- Ask the group if anyone has good ways to wind down when going to bed (ex: turn the lights lower, turn sounds down=calming sounds, listen to movie, read a book). Have them write down a short list and then share.
- Then ask the group to write three things that sometimes keep them from going to sleep. Group shares.
- The facilitator then asks the group to put a line through one thing that is keeping them from sleep and replace it with a sleeping technique. The group can go around and share each one or all three.

## *Discussion*

- Did anyone learn any new techniques?
- Are there any techniques we could do as a group before bedtime?