

# Why Can't I Sleep?

Priya is a Grade 4 student who loves playing video games after school. One day, she felt very tired and couldn't focus on the video games. Her older brother suggested she drink an iced cappuccino from the coffee shop, saying it might give her more energy. That evening, she also had a can of pop with dinner.

Later that night, Priya found it very hard to fall asleep. She tossed and turned in bed, feeling wide awake. The next morning, she was even more tired at school and couldn't concentrate. Priya didn't realize that the iced cappuccino and the pop both contained caffeine, which can make it difficult to sleep. What would you do if you were in Priya's situation?



**Use the FACE Decision-Making Model to help you decide.**

## Feel

1. How would I feel in this situation?

2. Why would I feel this way?

3. When have I felt like this before?

## Assess

4. What are my choices?

5. How could this choice affect me and others?

## Choose

6. What is the safest choice I can make?

## Evaluate

7. How would my choice impact myself or others?

8. Who would I talk to about the choice I made and how I was feeling?