

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 should Priya do in this situation?



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

Feel

1. How would Priya feel in this situation?

2. Why might Priya feel this way?

3. When might Priya have felt like this before?

Assess

4. What are Priya's choices?

5. How could this choice affect Priya and others?

Choose

6. What is the safest choice Priya can make?

Evaluate

7. How might this choice impact Priya or others?

8. Who could Priya talk to about the choice they made and how they were feeling?