

# SLOW Education

SLEEP THINK EAT PLAY

# BRYANSTON 2019

[NOT QUITE D-DAY]

‘SLOW DOWN, YOU MOVE TOO FAST  
YOU’VE GOT TO MAKE THE  
MORNING LAST’

# SLOW AND STEADY

- Sleep
- Think
- Eat
- Play

# WARM UP 1

Price Tag - Jessie J Lyrics



**Okay!**  
**We need to take it back in time,**  
**When music made us all unite**  
**And it wasn't low blows and video hoes,**  
**Am I the only one getting tired**  
**Why is everybody so obsessed**  
**Money can't buy us happiness**  
**Can we all slow down and enjoy right now**  
**Guarantee we'll be feeling Alright.**

▶ ▶| 🔊 1:08 / 3:43



# SLEEP HYGIENE



SLEEP THINK EAT PLAY

# Day dreaming and letting your mind wander



SLEEP THINK EAT PLAY

# Fill in the missing letters

??E, TWO, THREE,  
FOUR, FIVE, SIX,  
SEVEN, EIGHT, NINE,  
TEN, ???? , ???EN,  
?IN?



SLEEP THINK EAT PLAY



[www.edge.org](http://www.edge.org)

- *When thinking changes your mind, that's philosophy.*
- *When God changes your mind, that's faith.*
- *When facts change your mind, that's science.*

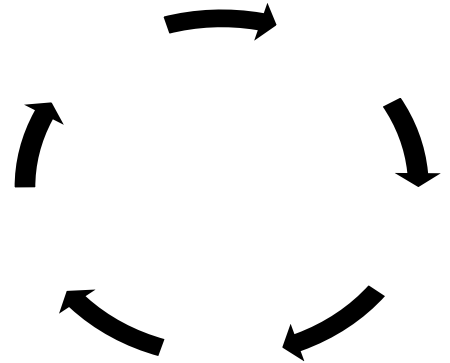
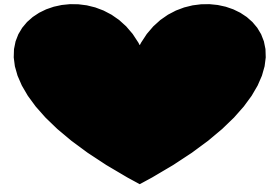
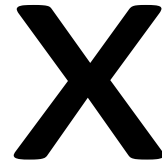
What have you changed your mind  
about and why?

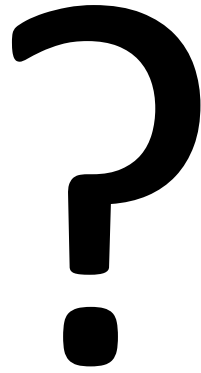
# THE LITTLE GREY CELLS



SLEEP THINK EAT PLAY

# SLOW BINGO





SLEEP THINK EAT PLAY

# GUT INSTINCT- the NHS says

- Follow some basic rules to prevent problems:
- Don't rush your food. Take the time to eat slowly. Try putting your fork down between bites and chew each mouthful well.
- Don't overeat. Reduce the size of your portions at mealtimes, or try eating four to five small meals instead of three large ones.
- Eat regularly and try not to skip meals.
- Avoid eating a big meal just before you go to bed. Eat your last meal at least two to three hours before lying down.
- Make sure you have plenty to drink.

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# Be Playful



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# Choose the right porridge



**Too Fast!**

**Just Right!**

**Too Slow!**

# Life's Great Balancing Act



SLEEP THINK EAT PLAY



# The Wisdom of Dr Seuss

