

FAQs

Q. Who is this program for?

A. It's suitable for the developmental and experiential stages of the K-2 age group.

Q. Who can teach this program?

A. Enrolling teachers, resource teachers, librarians and administrators.

Q. What will I have to do?

A. Not a lot! The curriculum is built around the book *The Quest for Rest: Polly & Pickles*. All lesson plans and materials are included in the curriculum, ready to use!

Q. What's included?

A. – pre-lesson check-in
– list of key vocabulary
– fun facts
– teaching tips
– ready-to-use reproducibles
– optional extension activity
– home communication package

Q. When should the program be delivered?

A. Any time during the school year. It depends on the needs of each school!

Q. How long does it run for?

A. Four weeks, with one 45-minute lesson per week.

Q. How much time is required from parents?

A. Five to 10 minutes per week.

Q. What will they have to do?

A. Each lesson includes a take-home package that summarizes the school activity and provides a follow-up activity to be completed by the parents and student.

Q. Do families get anything else?

A. Yes! At the start of the program, each family will get a copy of *The Quest for Rest: Polly & Pickles* that they can return to the school at the end of the program.

Q. Can you tell me more about the book?

A. It's set in Vancouver and was written by a local mom-and-doctor duo!

Q. Does the ZzzPower™ Sleep Program align with BC curriculum?

A. Yes, the content and objectives of this program align with the new BC Ministry of Education curriculum.

Q. In what way?

A. This program covers learning outcomes from Arts Education, Science, English Language Arts and Physical and Health Education. It also provides concrete learning opportunities re: the core competencies: Positive Personal and Cultural Identity, as well as Personal Awareness and Responsibility.

Q. What class size is best?

A. This program can be conducted in a full class and small group setting.

Q. Is it suitable for students of all cultural backgrounds?

A. Absolutely.

Q. My class loves it; can I do more exercises?

A. An optional extension activity is included in each lesson to give your students a chance to get a deeper understanding of the concepts.

Q. What if I have questions or need clarification?

A. Email andrea@paperclouds.ca or call 778-886-6870 and we'll get right back to you!

