# LKPD 1

Nama:

Class:

Youtube





**listen to the video carefully and give True(T)for the correct answer and False(F)for wrong answer.**

a. Make sure your room is quiet, dark, and not too hot or too cold.(  )

b. Don't nap too much during the day. It can make it harder to sleep at night.(  )

c. eat as much as you can before bedtime(  )

d. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.(  )

e. create a comfortable sleep environment (  )

LIVEWORKSHEETS

**arrange these random sentences into correct sentences and write the goal**

how to get enough sleep ( )

1. Don't nap too much during the day. It can make it harder to sleep at night ( )
2. Avoid drinking cola or sugary foods close to bedtime. They can keep you awake.( )
3. Good sleep is a big part of staying healthy and feeling good, so it's important to make it a priority!( )
4. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.( )
5. Do some physical activities during the day. This can help you sleep better at night( )
6. Make sure your room is quiet, dark, and not too hot or too cold( )
7. Try to go to bed and get up at the same time every day. This helps your body know when it's time to sleep.( )

**translate these vocabularies into bahasa**

1. sleep:.....
2. bed :.....
3. hot :.....
4. cold:.....
5. healthy:.....
6. feeling good:.....
7. reading:.....
8. priority:.....
9. quiet:.....
10. listening:.....

LIVEWORKSHEETS