



the Power of Sleep

7 side effects of sleep deficiency

- 1 Long-term mood disorders**
Chronic sleep debt can lead to disorders that depression and anxiety.
- 2 Sickness**
Prolonged lack of sleep can bludge your immune system, making it harder to fend off bugs. And once you're sick, a lack of sleep can make it harder to recover.
- 3 Diabetes**
Studies suggest people who sleep less than five hours a night have an increased risk of having or developing diabetes.
- 4 Infertility**
Sleep disruptions can reduce the secretion of reproductive hormones, resulting in trouble conceiving.
- 5 Weight gain**
Studies show people who sleep less than seven hours a day are 30 percent more likely to be obese.
- 6 Low libido**
Men and women who don't get quality sleep have a decreased interest in sex.
- 7 Heart disease**
Long-term sleep deprivation is associated with an increased heart rate, blood pressure issues and higher levels of chemicals that are linked to inflammation.

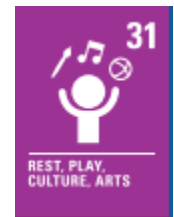
So, how many hours should you be getting?

Age Group	Hours per Day
Infants (16-18 months)	11-14
Preschool children (3-5 years)	10-13
School-age children (6-13 years)	9-12
Teens (14-17 years)	8-10
Adults (18-64 years)	7-9

At least 100,000 crashes, 71,000 injuries and 1,550 deaths each year in the United States are caused by falling asleep while driving.

20 Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk



This week's final RRS is about Article 31- Your right to REST, LEISURE and PLAY

17th July 2020

- So the holidays have finally arrived!
- Woohoo!!!!!!
- For many of us they might seem a bit of an anti-climax as holidays have been cancelled and lots of the things we thought we might be able to do can't happen.
- Still, lots of restrictions have been lifted and there are 6 long glorious weeks to fill with doing things you enjoy and no school work to think about.
- We all hope you have a fabulous holiday and then come back refreshed and eager to start your learning journey again in September.
- There is so much that you can do but some of it is going to take some form of motivation from you. You might need to seek out your own entertainment at times. Nobody should be saying that they are bored! There's a whole world out there even if you can't see it in person.

**“ONLY BORING
PEOPLE GET
BORED.”**

- DR. ROBERT FORD

So let's unpack Article 31

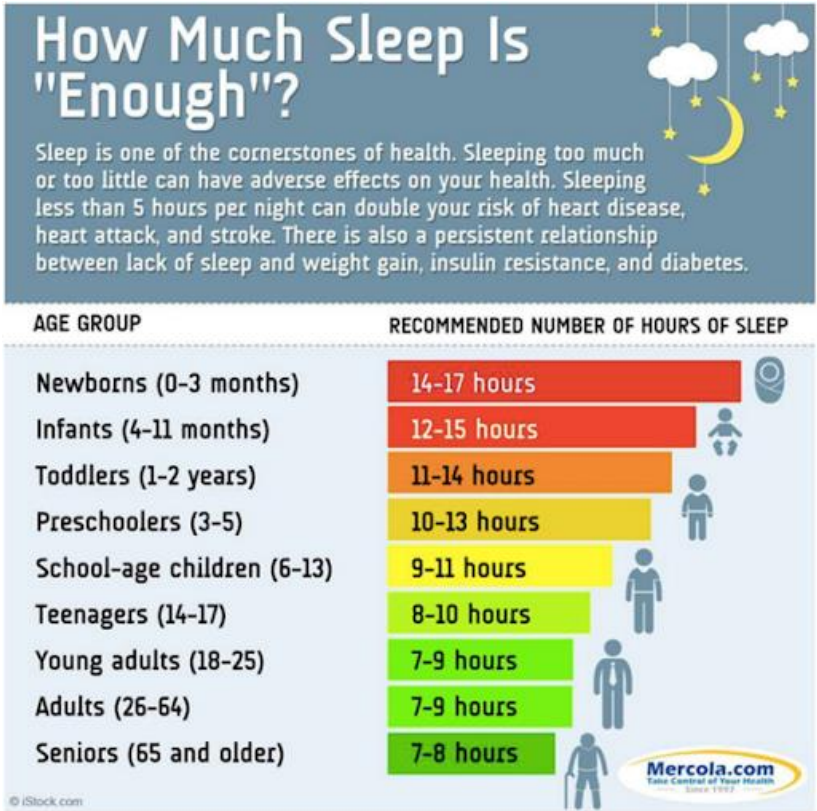
- **You have the right to rest...**
- Pretty sure that lots of you already enjoy this on the daily. Look at the chart. Are you sleeping too much?

Make sure you rest in the holidays but don't sleep your life away!

WHAT HAPPENS WHEN TEENS DON'T SLEEP

When teens don't sleep enough (or don't experience a normal sleep cycle), it can...

- ...Affect cognitive performance.**
Teens who have four or more technological devices in their bedroom are 2x more likely to fall asleep in school or while doing homework.
- ...Lead to mental health issues.**
Teens who sleep six or less hours a night are 3x more likely to suffer from depression.
- ...Increase risk of obesity.**
Teens who lose sleep may experience long-term effects on their physical health, including a higher risk of developing diabetes later in life.
- ...Create changes in mood.**
Younger teens who don't get enough sleep are more likely to be inattentive, impulsive, hyperactive, and oppositional.
- ...Put teens at risk of injury.**
Teen athletes are 1.7x more likely to suffer an injury if they have not slept eight hours a day.
- ...Make them turn to substances.**
Sleep deprivation increases the risk of alcohol and drug abuse, especially among teens who are prescribed sleeping pills.



What does culture and arts mean?

- Your right to leisure means that as a rights holder you have the right to culture and arts.
- This means that you should be encouraged to do the following: **read books; watch theatre shows; go to galleries; visit cinemas; visit museums; watch documentaries; find out about other cultures and countries; paint; draw; dance; sing; listen to music; take and look at photos.**
- Some of you have plenty of access to lots of these things at school and many of you love doing these things as your hobbies.
- Lots of these activities are still on hold at the moment so on this page there are links to help you achieve your right to culture and arts.
- Visit the Guggenheim museum in New York
- <https://artsandculture.google.com/partner/solomon-r-guggenheim-museum>
- <https://artsandculture.google.com/partner/rijksmuseum>
- **Go to Holland and visit the Rijks museum**
- **Visit the Globe theatre**
- <https://www.shakespearesglobe.com/discover/about-us/virtual-tour/#virtual-tour>
- **Go on here and see what theatre shows are broadcasting for free**
- https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html
- <https://www.youtube.com/watch?v=KHv6hKvEzMg&feature=youtu.be>
- **Visit the Jurassic ride in Florida**
- <https://www.youtube.com/watch?v=KHv6hKvEzMg&feature=youtu.be>
- <https://britishmuseum.withgoogle.com/>
- Go to London and see the Tate Gallery:
- <https://artsandculture.google.com/partner/tate-britain?hl=en>
- Watch a **documentary** about hundreds of different subjects:
- <https://documentaryheaven.com/>
- Learn a **language** (for those of you who have given up):
- <https://www.duolingo.com/>
- Love to **draw**? Think you're the next Van Gough? Have a look here.
- <https://www.drawspace.com/>
- Like **craft**? Have a look at this website:
- <https://www.lovecrafts.com/en-gb/>
- Feel like you **want to learn to dance**? Free daily sessions are available through these guys:
- https://www.instagram.com/fly_ldn/?hl=en
- Heard **about meditation** but don't know where to start? Why not try this out:
- <https://www.mindful.org/how-to-meditate>
- Go on here and see what free concerts there are to view
- <https://www.whathifi.com/features/best-live-streams-and-concerts>



Your right to play

WHY SHOULD I EXERCISE?

MY STAMINA IS INCREASED 	I SLEEP BETTER 
 It makes me feel Fit and Healthy 	
IT SHARPENS MY THINKING 	MY BODY GETS LEANER 
 My MUSCLES AND BONES GET STRONGER 	IT GIVES ME MORE ENERGY
IT HELPS ME TO RELAX 	IT RELIEVES STRESS IN MY LIFE 
MY HEART BECOMES MORE EFFICIENT	

©Photo Credits: Getty Images, 2018

- Play can mean many things.
- Sure it can mean your right to play computer games and mess around with your mates. But nobody wants to be that person who stays in all summer and plays computer games!
- One of the most important things you should be doing over the summer is taking part in some form of exercise daily.
- On the next two slides there are lots of ideas about how you can exercise.
- Come back in September fit and strong and ready to go.
- If you get into the habit early of exercising regularly, your entire adult life will benefit from it. Plus it's great fun too.
- Get outside. Vitamin D is super important in staying healthy and it helps to protect you from the virus (according to studies)

Top 10 Muscular Strength Exercises



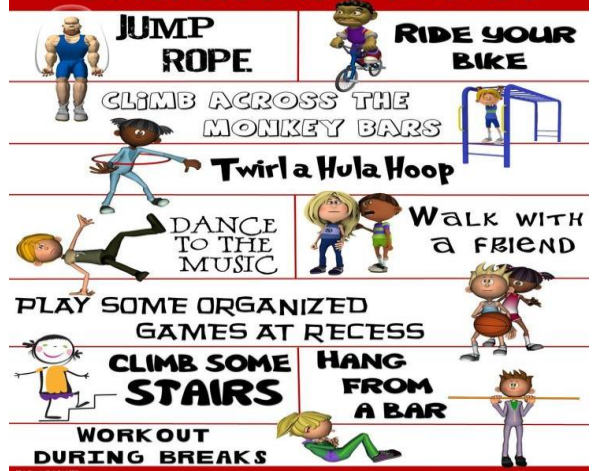
ACTIVITIES THAT CAN IMPROVE YOUR CARDIOVASCULAR ENDURANCE



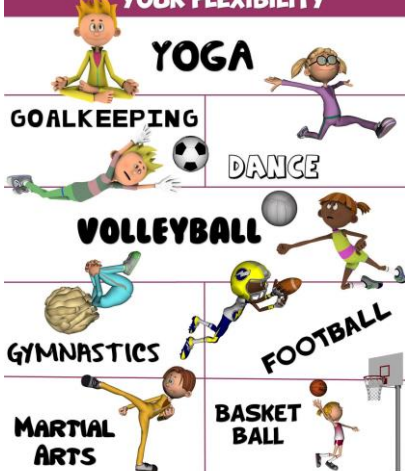
ACTIVITIES THAT CAN IMPROVE YOUR MUSCULAR ENDURANCE



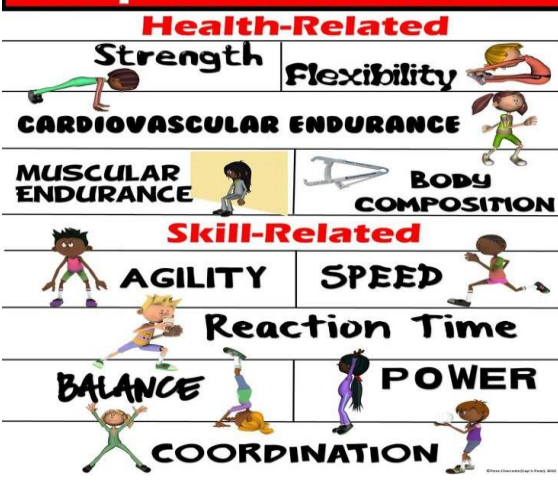
Exercise is FREE!



ACTIVITIES THAT SHOWCASE YOUR FLEXIBILITY



Components of Fitness



TABATA

1. JUMPING JACKS
10 SEC REST 20 SEC MOVE

2. PUSH-UPS
10 SEC REST 20 SEC MOVE

3. CRUNCHES
10 SEC REST 20 SEC MOVE

4. BURPEES
10 SEC REST 20 SEC MOVE

5. HIGH KNEES
10 SEC REST 20 SEC MOVE

6. JOG IN PLACE
10 SEC REST 20 SEC MOVE

1 HIGH INTENSITY INTERVAL TRAINING

AMRAP

(AS MANY ROUNDS AS POSSIBLE)

12 PUSH UPS

20 SKIER JUMPS

20 ARM CIRCLES

15 TRICEP DIPS

20 VERTICAL JUMPS

JOG 3 LAPS

REPEAT

NAVY BLUE WORKOUT

AMRAP

(AS MANY ROUNDS AS POSSIBLE)

10 LUNGES

10 DIPS

10 STRADDLE JUMPS

15 CURL-UPS

SKIP 2 LAPS

WALL-SIT 20 SEC.

REPEAT

CANDY RED WORKOUT

AMRAP

(AS MANY ROUNDS AS POSSIBLE)

16 CURL-UPS

14 SQUATS

JOG 3 LAPS

10 ALT. LEG KICKS

V SIT BALANCE 20 SEC

FOREARM PLANK HOLD 20 SEC

REPEAT

SHAMROCK GREEN WORKOUT

5x50 workout

theusedalysse.tumblr.com

Complete 50reps of the following exercises 5 times through!

Sumo Squats

Jumping Jacks

Mountain Climbers

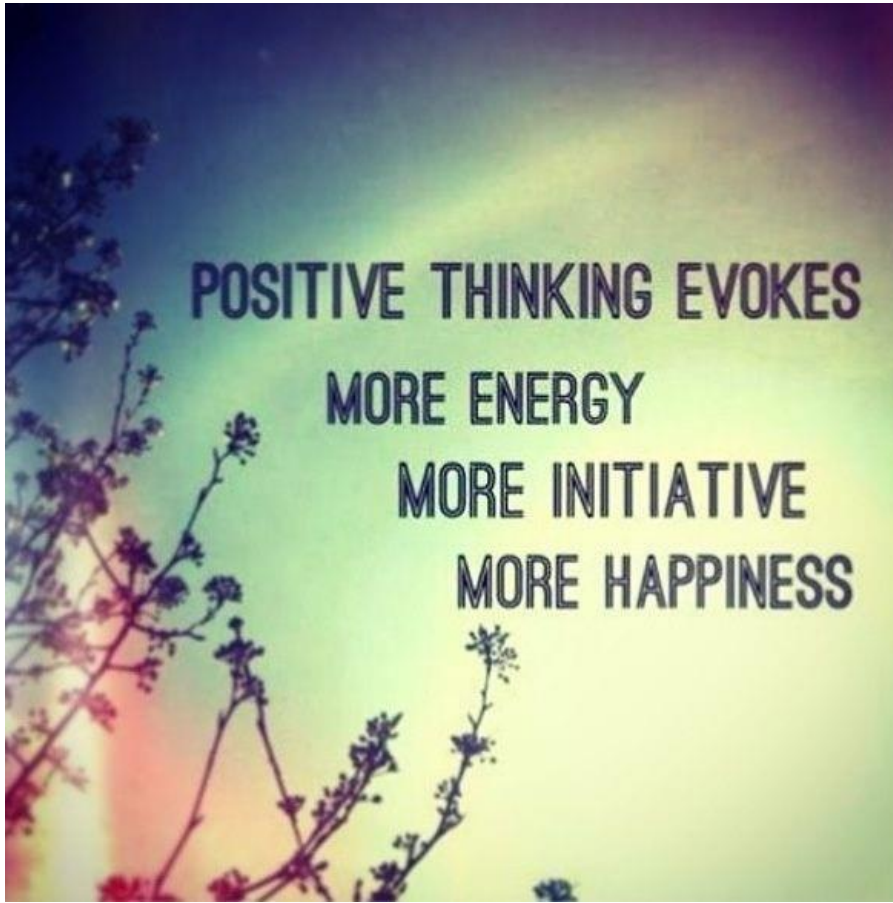
push ups

Crunches

Intensity Scale

STRENGTH		CARDIO
MAXIMUM	10	ELITE
100% effort. Near failure. Straining to keep proper form.	9	Heart is beating hard and you can't continue on for very long.
HARD	8	HARD
Starting to feel muscle fatigue. Number of reps are decreasing	7	Strenuous and becoming fatigued. Difficult to talk and breathing hard
MEDIUM	6	MEDIUM
Feeling muscles contract while keeping proper form.	5	Increased resistance, starting to breath heavier
EASY	4	LIGHT
Light weight with little resistance. Few reps; easy to complete a set.	3	Warm up, low intensity, easy to have a conversation
	2	
	1	

Find your passion.
Do something each day that
makes you happy. Get outside.
Exercise. Laugh. Explore. Be
happy.



- Always wanted to do **some yoga** but don't know how. Try yoga with Adrienne.
https://www.youtube.com/results?search_query=yoga+withadriene.com+youtubeo+m+youtube
- Want to learn how to **do handstands and get super strong using bodyweight?** Look at **School of Calisthenics:**
<https://www.youtube.com/channel/UCKIPOfIZbfGRM8-lehI775w>

Adios until September

- Remember to stay safe over the summer.
- Although the virus is not circulating as much as it was: it's still here and it's still as vicious as it was.
- Remember to socially distance.
- Remember you must wear face coverings in shops from next week.
- This isn't necessarily about protecting yourself but protecting others.
- Be helpful at home.
- Nowhere in the convention does it say that your family should pick up after you!
- Be polite to people you meet.
- Remember that sometimes teenagers in groups can be intimidating. Would you want someone to intimidate your Mum or your Granny?
- Pick up your litter. We live in a beautiful place. Keep it that way.
- Stay healthy and try to do as much as you can.
- Lots of things don't cost money. Be creative.
- Have a great summer and we all look forward to seeing you in September.