



## **Information Booklet**

*Read on to find out about our exciting new project and how you can earn £20!*



First, a **BIG THANK YOU** for taking part in the research session in school. Your scores for the different activities will help us to understand how we learn to read.

We would like to invite you to take part in the next part of our project, which will look at how we learn new words.

It is your choice whether you would like to help us with our study. This booklet will help you to decide whether you want to take part.

## How can I help with science?

In science, it is important to test our ideas about the world and the way it works. Scientists think that sleep is important in helping us to remember new information that we learn during the day. We would like to test this in our new **zzzs to AAAs!** study.

If you choose to take part, you will do some learning activities with us on two days, one week apart. Each day involves three short sessions, and you will be able to do your normal activities in between.

You will learn about lots of new plants and animals, and also learn more about your own sleep!



# What will I need to do?

## PART 1

- Learn about animals
- Play a pair matching memory game
- Test your memory!

Morning

- Test your memory!

Evening

- Test your memory!

Morning

... Wear an activity tracker for the week and fill out a sleep diary. You can see how much sleep you got at the end!



## 1 WEEK LATER

- Learn about animals
- Play a pair matching memory game
- Test your memory!

Evening

- Test your memory!

Morning

- Test your memory!

Evening

## What if I find the tasks difficult?

Don't worry! You might find it tricky to remember some of the new words, but that's OK – this isn't a test that matters in school, and we don't share your score with anyone else. We save your score under a special code that isn't linked to your name, so no one can know how well you did.

By trying to remember the new words, you will be helping us to understand how children learn. All that matters is that you try your best!

You can ask us questions about the study at any point.



## Will I enjoy taking part?

We hope you will like learning about the new animals with us, and trying to test your memory for new things. If you agree, you will also be able to wear one of our special activity trackers for the week (a bit like a *fitbit*), and afterwards we will be able to show you how much you are sleeping.

At the end of the week, you will receive a certificate for helping with science, and a **£20** Amazon voucher as a thank you.



## Any more questions?

If you would like to know anything else about the study before making your mind up, ask your parent or guardian to get in touch with us!