

EXTENSION ACTIVITY

LEVEL 9

BOOK TITLE

Why Sleep Is Important

TOPIC

**Nutrition and
Life Skills**

LENGTH

1 Lesson (1 Hour)

Essential Question

Why is sleep a positive daily health habit?

Lesson Overview

In this lesson, the teacher guides the students to consider why sleep is so important and what happens to our bodies when we don't get enough sleep.

REQUIRED MATERIALS

- Book: *Why Sleep Is Important*
- Chart paper

LEARNING ACTIVITIES



Class discussion about the reading.



“Well rested vs extremely tired” activity.



Students' reporting of sleep habits for Class Sleep Chart.

LEARNING CONNECTION

This lesson builds on the students' understanding of the book *Why Sleep Is Important*. The students will think about the purpose of sleep and why it is so important, and they will demonstrate how a lack of sleep might affect their ability to function. Through a class discussion, students will begin to understand that they need to develop good sleep habits using the simple methods they learn here.

READING VOCABULARY

substance, muscles, memory, feelings, stable, mood, active

PRE-LESSON PREPARATION

1. Find a large open space such as a field or an empty classroom for the class to visit in Step 5. Students will be acting out different activities during this step.
2. Prepare a Class Sleep Chart using chart paper that will be used in Steps 7 and 8. This chart will at least have two columns: One column with questions about sleep habits, and one column where students' responses will be tracked. If you wish to track these answers over a long period of time, add more columns label them with the date that you will be asking students for answers to these questions.

WHY SLEEP IS IMPORTANT

1. Discuss the importance of sleep with the students. Record the students' responses on the board. This list will be reviewed in Step 3.



“Do you think sleep is important to people? Why or why not?”

2. Read *Why Sleep Is Important* with students. Students can follow along in their own copies at their desks.

3. Read aloud the list of reasons students brainstormed in Step 1 about the importance of sleep. Ask students to add to the list based on what they learned in the book, and record any new information on the list.



“Let’s look at the list we made of why sleep is important. What reasons did we list that are also mentioned in the story? What did we learn from the book about why sleep is important?”

Answers might include: gives us energy, helps us grow, helps our memory, helps us learn, helps us be happier.

4. Ask students to consider their own experiences with feeling tired.



“Have you ever felt tired? What was it like? How did it affect the way you feel, think, or act around others?”

Have students show how they look when they aren't tired and when they are.



“Staying seated, show me how you look when you’re not tired. Now, still staying seated, show me how you look when you’re tired.”

5. Take the class into a large room or outdoors. Explain that you will call out several different activities for the students to act out.



“When I call out the activity I’ll first ask you to show me what you look like when you’re well rested while doing the activities. Then I’ll ask you to show me what you look like doing the same activities while you’re tired.”

Choose four or five activities. Each one will demonstrate a different example of why sleep is important. For example:

- ☞ playing soccer
- ☞ getting out of bed in the morning
- ☞ doing a math problem
- ☞ helping a younger child who won't listen to you
- ☞ remembering everything you need to take to school in the morning
- ☞ remembering all the names of the dogs on a sled team
- ☞ learning how to play a new sport

WHY SLEEP IS IMPORTANT

6. After returning to the classroom, guide the students to discuss their demonstrations.



“Why did you change the way you did an activity when you were showing you were tired? How did you change your actions to show you were tired?”

Answers might include: moved slower, got angry faster, and so on.



“Why do you think that not having enough sleep can make things more difficult for people?”

Answers might include: it is more difficult for tired brains to concentrate; it is harder to keep control of emotions; it is harder to make decisions.

7. Discuss with the students how they can develop good sleep habits. Record the answers on the board.



“Everyone needs to get enough sleep. Sleep keeps us healthy! What are some ways that you can make sure you get enough sleep? Let’s look in our *Why Sleep Is Important* books to find some more examples.”

Answers might include: go to bed and get up at the same time every day; be physically active during the day; darken the room before you sleep; read a book instead of looking at a computer screen or television before you sleep.

8. Discuss the purpose of a Class Sleep Chart. You may have prepared this chart in the **PRE-LESSON PREPARATION**. Decide if you want to ask students to track their sleep for one night, several nights, or one week.



“We’re going to keep track of our sleep habits for one night/several nights/one week. Once we see what our sleep habits are, it will be easier to see what we have to change to improve our sleep habits.”

Discuss what questions to include on the chart.



“Let’s use what we know about good sleep habits to choose the questions for our Class Sleep Chart. Tell me one good sleep habit you know. What question can we ask about this?”

Answers can include:

- ☞ What time did you go to bed last night?
- ☞ What were you doing just before you went to sleep?
- ☞ How bright was it in your room when you went to bed?

Pose the questions to the students every morning for the time period you’ve chosen, and record their answers. On the final day, encourage the students to continue to follow these healthy sleep habits.

WHY SLEEP IS IMPORTANT

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

1. **Optional:** Two or three times during the rest of the year, have students respond to the questions on the Class Sleep Chart, and remind them of healthy sleep habits.
2. **Optional:** Have students write and illustrate one positive sleep habit they are going to try to follow. Post these in the classroom and revisit them throughout the year, asking the students if they have been keeping up with their positive sleep habits.