

**EXTENSION
ACTIVITY**

LEVEL 9

BOOK TITLE
**ኅይወገጥ ስሜት
ለሌሊት ስሜት
(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: ኅይወገጥ ስሜት ለሌሊት ስሜት (*Why Sleep Is Important*)
- Chart paper

LEARNING CONNECTION

This lesson builds on the students' understanding of the book ኅይወገጥ ስሜት ለሌሊት ስሜት (*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.

LEARNING ACTIVITIES



Class discussion about the reading.

READING VOCABULARY

ኮንሰርቬሽን, ኃይል, ኃይል, ኃይል, ኃይል
(crave, energy, stable, substance)



“Well rested vs extremely tired” activity.

PRE-LESSON PREPARATION



Students' reporting of sleep habits for ስሜት ስሜት ስሜት ስሜት (Class Sleep Chart).

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 ስሜት ስሜት ስሜት ስሜት (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.

