



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Most kids should get between 10 to 11 hours of sleep each night. Why so much? Sleep gives the body a chance to rest, repair itself, and prepare for the next day. The following activities will help your students learn why sleep is important for a healthy body and mind.

## Related KidsHealth Links

### Articles for Kids:

#### What Sleep Is and Why All Kids Need It

[KidsHealth.org/en/kids/not-tired.html](http://KidsHealth.org/en/kids/not-tired.html)

#### Why Do I Need to Sleep?

[KidsHealth.org/en/kids/sleep.html](http://KidsHealth.org/en/kids/sleep.html)

#### What to Do if You Can't Sleep

[KidsHealth.org/en/kids/cant-sleep.html](http://KidsHealth.org/en/kids/cant-sleep.html)

#### Sleepwalking

[KidsHealth.org/en/kids/sleepwalking.html](http://KidsHealth.org/en/kids/sleepwalking.html)

#### Why Does My Body Jerk Before I Fall Asleep?

[KidsHealth.org/en/kids/jerk.html](http://KidsHealth.org/en/kids/jerk.html)

#### Nightmares

[KidsHealth.org/en/kids/nightmares.html](http://KidsHealth.org/en/kids/nightmares.html)

#### Snoring

[KidsHealth.org/en/kids/snoring.html](http://KidsHealth.org/en/kids/snoring.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why is sleep so important?
2. How much sleep do you get every night? How do you feel when you don't get enough sleep?
3. What helps you fall asleep?
4. What are dreams? What kinds of dreams have you had?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### The Wrong Side of the Bed

#### Objective:

Students will:

- Explain how to tell if they're getting enough sleep

#### Materials:

- Props and/or costumes (optional)

#### Class Time:

40 minutes

#### Activity:

What does it mean when you're feeling tired or when you can't stop yawning? It's probably because you didn't get as much sleep as you needed. When you feel tired, it might be a good idea to take it as a sign that you need more sleep and to make sure you get enough sleep that night.

A skit is a short play. You're going to perform two skits for your classmates. In the first skit, pretend that you haven't had enough sleep and that you got up on the "wrong side of the bed." Show how you feel, look, and act toward your family and friends and how you act in school. Then perform a second skit that shows how you feel when you've had enough sleep. After the performances, discuss the differences between the two skits.

#### Extension:

A self-portrait is a painting or drawing that you make of yourself. Using art supplies, create two self-portraits - one of you when you feel rested and one of you when you haven't had enough sleep.



## Ready for ZZZs

### Objective:

Students will:

- Explain healthy activities or routines that can help them prepare for a good night's sleep

### Material:

- “Ready for ZZZs” handout

### Class Time:

15 minutes

### Activity:

How do you get ready for bed and a good night's sleep? Using the “Ready for ZZZs” handout, fill in each box with a picture or words that describe what you do to get ready for a good night's sleep, like brushing your teeth or reading a book.

### Extensions:

1. Where do animals like birds, pigs, or dogs sleep? What routines do animals follow before they go to sleep? Draw a picture to show how a certain animal prepares for a good night's sleep.
2. Make your own song to help you wind down and get ready to go to sleep.

## Reproducible Materials

### Handout: Ready for ZZZs

[KidsHealth.org/classroom/prekto2/body/functions/sleep\\_handout1.pdf](https://www.kidshealth.org/classroom/prekto2/body/functions/sleep_handout1.pdf)

### Quiz: Sleep

[KidsHealth.org/classroom/prekto2/body/functions/sleep\\_quiz.pdf](https://www.kidshealth.org/classroom/prekto2/body/functions/sleep_quiz.pdf)

### Answer Key: Sleep

[KidsHealth.org/classroom/prekto2/body/functions/sleep\\_quiz\\_answers.pdf](https://www.kidshealth.org/classroom/prekto2/body/functions/sleep_quiz_answers.pdf)



Name:

Date:

## Ready for ZZZs

Instructions: Fill in each box with a picture or words that describe what you do to get ready for a good night's sleep.

A large, empty rounded rectangular box with a thick black border, intended for a drawing or written response.A medium-sized, empty rounded rectangular box with a thick black border, intended for a drawing or written response.A medium-sized, empty rounded rectangular box with a thick black border, intended for a drawing or written response.A large, empty rounded rectangular box with a thick black border, intended for a drawing or written response.A large, empty rounded rectangular box with a thick black border, intended for a drawing or written response.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: It can help you sleep if you watch a scary show before bedtime.
2. True or false: A dark room is best for getting a good night's sleep.
3. It can help you fall asleep if someone reads a \_\_\_\_\_ to you, or you read one yourself before bedtime.
4. Underline the one that does not need to sleep:
  - a) Polar bear
  - b) Koala bear
  - c) Teddy bear
  - d) Grizzly bear
  - e) Black bear
5. Kids need 10 to 11 hours of sleep at night to feel refreshed and ready to learn the next day. If you get up at 7 a.m. for school, what time should you fall asleep to make sure you get enough sleep? Use this clock to help you count back from 7 a.m., and write your answer here: \_\_\_\_\_





## Quiz Answer Key

1. True or false: It can help you sleep if you watch a scary show before bedtime.
2. True or false: A dark room is best for getting a good night's sleep.
3. It can help you fall asleep if someone reads a \_\_\_\_\_ book \_\_\_\_\_ to you, or you read one yourself before bedtime.
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5. Kids need 10 to 11 hours of sleep at night to feel refreshed and ready to learn the next day. If you get up at 7 a.m. for school, what time should you fall asleep to make sure you get enough sleep? Use this clock to help you count back from 7 a.m., and write your answer here: \_\_\_\_\_ 8 p.m. to 9 p.m. \_\_\_\_\_

