



**Activities Summary**  
**Your Sleeping Brain Is Hard at Work ( 🧠 A Physical Health Story)**  
**(1<sup>st</sup> Grade – 6-7 yrs.)**



**#1-Video: 25 Weird Ways Animals Sleep**

- Students learn fascinating facts about the sleeping habits of animals.
- Approx Time: Part I 15-20 mins; Part II 10-15 mins
- Story Connection: Slide 2



**#2-Think, Pair, Share: Sorting Through Memories**

- Students practice sorting events based on how long the information is needed.
- Approx Time: 25-30 mins
- Story Connection: Slide 8



**#3-Game: A to Zzzzz's Shopping Game**

- Students test their memory and ABC skills in this challenging activity.
- Approx Time: 15-20 mins
- Story Connection: Slides 9-10



**#4-Game: You Need How Much Sleep?**

- Students analyze sleep recommendations and try to match them with the appropriate age group.
- Approx Time: 10-15 mins
- Story Connection: Slide 14



**#5-Physical Activity: Awake or Asleep?**

- Students move forward or backward based on when various actions occur.
- Approx Time: 10-15 mins
- Story Connection: Slides 5-7, 11, 12