



**Your Sleeping Brain Is Hard at Work (🧠 A Physical Health Story)
(1st Grade – 6-7 yrs.)
Video: 25 Weird Ways Animals Sleep**



STORY CONNECTION: SLIDE 2 (Approx Time: Part I 15-20 mins; Part II 10-15 mins)

All animals sleep in different ways. We know that sleep is important because all animals do it – in some way. Cats and dogs like to sleep a lot – about 12 hours. Elephants and giraffes do not sleep for very long - only about 2 hours. People like to sleep lying down. Bats hang upside down to sleep and horses can sleep standing up. Every animal has different sleep habits, but all animals need sleep to be healthy.

Materials needed:

- Video: <https://www.youtube.com/watch?v=QIHR-Ybh6eg> (5:24)
- Animal Sleeping Facts cards (included below)
- Equipment to play online video

Preparation needed:

- Determine if you will do Part I, Part II, or both.
 - There are two components: a video and interesting facts cards. One or both may be used depending on time and interest.
- Preview the video.
- Determine where you will pause the video for discussion.
 - You may base this on your student(s) and their interests.
- Create a list of questions to help guide discussion.

Instructions:

- This activity focuses on the interesting sleeping habits of many different animals.

Part I: “25 Weird Ways Animals Sleep” Video

1. The first component of this activity is a count-down type video with many interesting facts student(s) will enjoy.
2. Play the video.
3. Stop at pre-determined points to lead a discussion/ask question.
4. After stopping the video for discussions along the way, play the video again in its entirety. Hold a vote as to the facts student(s) found most interesting.

Part II: Animal Sleep Fact Cards

5. The second component of this activity is the animal sleeping facts cards. Simply share these interesting facts with student(s) or turn it into a guessing game.

6. Read a fact to the student(s). Have student(s) give a thumbs up if they think it is true and a thumbs down if they think it is false. Hint: They are ALL true!
7. In closing, talk about how humans sleep and if it is similar or different from how other animals sleep (different). Remind student(s) that regardless of how an animal sleeps, sleep is necessary for our brains and our bodies to be healthy.

The average giraffe sleeps for 4.6 hours per day. For the most part, giraffes tend to sleep during the night, although they do get in some quick naps throughout the day. Giraffes can sleep standing up as well as lying down, and their sleep cycles are quite short, lasting 35 minutes or shorter.

Elephants are another animal that sleeps very little. Some researchers have documented their total sleep time at just 2 hours a day. Scientists can tell elephants are sleeping when their trunks stop moving. Elephants, like giraffes, likely only sleep for a few hours each day due to their massive body size and need to graze often. Scientists have observed elephants traveling for nearly two days without sleeping at all.

Like giraffes and elephants, horses don't sleep much, and when they do, they can sleep standing up.

There are dogs, who spend over a third of their day asleep. Another 21% of their day is spent in a state of relaxed drowsiness, ready to nap at a moment's notice.

Little brown bats sleep about 20 hours a day.

Walrus are like the bats of the sea, sleeping between 19-20 hours per day. They can sleep in water and on land, although they sleep for longer periods on land. When walrus sleep in the water, they usually lie at the bottom, float along the surface, or lean against something while in a standing position. They can even hook their tusks onto an ice floe and sleep that way. Like elephants, walrus can go for days without sleep. They can swim for up to 84 hours before needing to recharge.

Birds sleep uni hemispherically, with one side of the brain asleep while the other stays awake. As they sleep, only the eye associated with the sleeping hemisphere of their brain is closed.

Research indicates that reptiles such as lizards may rest in sleep cycles as short as 80 seconds.

Crocodiles sleep with one eye open, but snakes sleep with both eyes open— in fact, they must, since they don't have eyelids. Snakes may sleep for days at a time, digesting their food.

Fish sleep, but it's probably more appropriate to call what fish do "rest." When fish are resting, they slow down their level of activity and metabolism while remaining alert enough to protect themselves from danger.