



Your Sleeping Brain Is Hard at Work (🧠 A Physical Health Story)
(1st Grade – 6-7 yrs.)
Game: A to Zzzzz's



STORY CONNECTION: SLIDES 9-10 (Approx Time: 15-20 mins)

After looking at the picture you were able to tell what was in the picture because your brain “stored” it for you. But you will only be able to remember this for a short time – unless you go to sleep. You can remember things that happened a while ago if you go to sleep afterwards. While you slept your brain busily stored all the information for you as a memory.

Materials needed:

- None

Preparation needed:

- Determine which variation of the game you want to play:
 - “I went shopping and bought...”
 - “I went on a vacation and brought...”
 - “I went to school and brought...”
 - Or any other variation relevant to your student(s)

Instructions:

1. This activity focuses on short term memory. Review with student(s) that they will only be able to remember these items for a short time because they are not going to sleep right away after playing the game. They will need to listen carefully and stay focused throughout the game to be most successful.
2. Have student(s) either sit or stand in a line or circle.
***Note-a student can play this game independently by adding more items to a list, then restating the list. The student tries to beat their own number of items on the list they can remember.
3. Explain to the student(s) that the first person starts the game by saying “I went shopping and I bought an _____.” The first item should start with an “A.”
For example, “I went shopping and I bought an apple.”
4. The next person continues the game by saying “I went shopping and bought an _____ (first item) and a _____.” The second item should start with a “B.”
For example, “I went shopping and bought an apple and a banana.”
5. The third person continues the game by saying “I went shopping and bought an _____ (first item), a _____ (second item), and a _____.” The third item should start with a “C.”
For example, “I went shopping and bought an apple, a banana, and a cookie.”
6. The game continues with student(s) adding an item to the list for the next letter of the alphabet.
7. The game is over when the group makes it all the way to letter Z or when the person incorrectly lists the previous items. The winner is the last person to correctly list all the previous items.

8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
9. Begin the game with the letter A. Play as long as possible or as many times as you desire.
10. In closing, remind student(s) that since they did not sleep after playing this game, their brains will not remember everything that was listed today. If they wanted to remember the items for a long time, they would need to sleep.