



Your Sleeping Brain Is Hard at Work (🧠 A Physical Health Story)
(1st Grade – 6-7 yrs.)
Game: You Need HOW Much Sleep??



STORY CONNECTION: SLIDES 14 (Approx Time: 10-15 mins)

Depending on what you do during the time you are awake or even how old you are, different people need different amounts of sleep. Who do you think sleeps more – you or a baby? If you have been around babies, you know that they sleep a lot. Did you ever wonder why? Let's think about this...Who do you think is bigger – you or a baby? You are bigger. Babies sleep a lot because they need to grow. Your brain helps you to grow when you are sleeping.

Materials needed:

- Sleep cards (1 per student group-included below)

Preparation needed:

- Determine how your student(s) will be grouped and how many sets of sleep cards are needed.
 - Each student grouping needs their own set
- Print out and cut apart the cards (included below).
 - Print out enough sets for pairs/small groups to have their own set.
 - If doing this whole group, only one set is needed.
 - ****NOTE: If printing out the cards is not possible, images of various aged people can be put on the screen and the amount of recommended sleep can be put on pieces of paper or notecards. Student(s) can have cards with recommended sleep times and can hold them up when the corresponding picture is flashed up on the screen..****
- Separate cards into two groups: images with ages and number of hours of sleep needed.
 - Make sure the cards are shuffled up within their card grouping.
- List of probing questions to help student(s) think through the activity.

Instructions:

1. This activity will give student(s) a visual aid to help them understand that different aged people need different amounts of sleep.
2. Before starting, remind student(s) that they learned from the story that babies sleep a lot. Use this as a starting point.
3. Ask all student(s) to find their newborn baby picture card. Place it at the top of their desk.
4. Next find the 14-17 hours card and place it beside the newborn since that is the greatest number of hours of sleep needed.
5. Explain to the student(s) that they just found their first match! Now, they will try and match the remaining pictures with the hours of sleep they need.
6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. Allow student(s) to work for an allotted amount of time.

8. As they work, move around the room and be prepared to ask probing questions to help guide the student(s) as they match the rest of the ages/hours.
***Suggestions: Maybe it is putting the picture cards in order and then matching up the hours. Maybe it is putting the hours in order first and then matching up the picture cards with them. Try to let the student(s) come up with a system but help and ask questions to get them to figure it out independently if possible. ***
9. Once all the cards have been matched up correctly (or the allotted time is up), ask student(s) the following questions and have them respond:
 - Why do you think younger people need more sleep than older people?
 - When is your bedtime?
 - When do you wake up?
 - So, how much are you sleeping?
 - Are you getting the 9-12 hours of recommended sleep?
10. As a group, talk about what happens when they do not get enough sleep.
11. Brainstorm strategies out loud for how to prioritize sleep at night.
12. In closing, review why sleep is so important because it allows our brains to repair, store, and clean up from the day. Also, remind them that when someone tries to get them to go to sleep, they are doing them a big favor by helping them keep their brain and body healthy.



Newborn
0-3 Months

14-17
hours



Infant
4-12 Months

12-16
hours



Toddler
1-2 Years

11-14
hours



Preschool
3-5 Years

10-13
hours



School Age
6-12 Years

9-12
hours



Teenager
13-18 Years

8-10
hours



Adult
18-60 Years

7 or more
hours



Adult
61-64 Years

7-9
hours



Adult
65 Years and Older

7-8
hours

Information Cards Credit: https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

Newborn Image Credit: https://www.pngkey.com/png/detail/164-1642701_sleeping-baby-vector-cartoon.png

Infant Image Credit: https://www.kindpng.com/picc/m/489-4890151_black-haired-baby-sleeping-clip-art-cartoon-hd.png

Toddler Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTJbUfvMocwl1vafEplLXrSqDuJA_w2u6tNZA&usqp=CAU

Preschool Image Credit: https://png.pngtree.com/element_our/20190529/ourlarge/pngtree-sleeping-child-cartoon-png-material-image_1202767.jpg

School Age Image Credit: <https://media.istockphoto.com/vectors/black-boy-sleeping-with-air-humidifier-in-room-healthy-sleep-vector-vector-id1329844391?k=20&m=1329844391&s=612x612&w=0&h=eduCXnX51-9ZAfoUoQmIxDFfZda5Ss-sCxUouEW3Pp8=>

Teenager Image Credit: https://png.pngtree.com/png-clipart/20201118/ourlarge/pngtree-lazy-teenage-girl-sleeping-clipart-png-image_2454001.jpg

Adult 18-60 Image Credit: <https://www.wikihow.com/images/thumb/d/d7/Stop-Snoring-Naturally-Step-6-Version-2.jpg/v4-460px-Stop-Snoring-Naturally-Step-6-Version-2.jpg.webp>

Adult 61-64 Image Credit: <https://cutewallpaper.org/24/sleeping-person-clipart/1026519195.jpg>

Adult 65 Years and Older Image Credit: <https://thumbs.dreamstime.com/b/sleeping-senior-men-good-sleep-image-simple-cartoon-vector-illustration-87785805.jpg>