



Your Sleeping Brain Is Hard at Work (🧠 A Physical Health Story)
(1st Grade – 6-7 yrs.)
Physical Activity: Awake or Asleep?



STORY CONNECTION: SLIDES 5-7, 11, 12 (Approx Time: 10-15 mins)

We know that your body and your brain need to sleep so you can rest and recover from all the things that you do when you are awake. You will not be surprised to learn that just like your brain helps your body when you are awake to do all the things you need to do – like getting dressed, going to school to learn, helping with chores – your BRAIN also helps you when you are asleep. While your body is resting – your brain is still hard at work. Your brain puts on a repairer or repair technician's hat and then starts to fix all the parts of the body and the brain that got broken – or used too much – when you were awake. Your brain repairs your body and your brain to get them ready to start working again when you are awake. The brain fixes the body, and it also fixes itself. The next thing that your brain does while you are sleeping, is that it stores all the things that you learned during the day. While you are sleeping the brain cleans up all the garbage that it made when it was helping your body to do all the things that you need to do - like getting dressed, going to school to learn, helping with chores. The brain cleans up after itself --- what a good brain!

Materials needed:

- Space for students to move

Preparation needed:

- Select and secure location for activity

Instructions:

1. In this activity, student(s) will have to decide if a good night of sleep is needed before you do the action or if you can do the action without having slept. A good night of sleep helps our brains do work. It repairs itself, cleans itself, and stores information.
2. Have all student(s) stand in one long line in the middle of the room facing the person reading the actions.
3. Explain to the student(s) that they will be moving across the room based on what they know about sleep. You will read an action out loud. They must think and decide if that action is something that happens during sleep, after a good night's sleep, or if you can do it while still awake.
 - If the action happens either during sleep or can happen only after you have slept a full night, student(s) will do a forward movement (F) – take a big step, jump, twirl, etc.
 - If the action happens when we are awake (you don't need a full night of sleep to do it), student(s) will do a backward movement (B) - take a big step, jump, twirl, etc..
For example: If the action you hear is: "Reading a recipe from a cookbook," I would think, I already know how to read. This is a skill I've already learned. I can look at something and read it

right in that moment. This is not a new skill my brain needs to store while I am sleeping. I would jump backwards!”

But, if the action you hear is: “Told my friend my favorite cookie recipe, step by step.” I would think, if I am *telling* them the recipe, I am not reading it. I must have memorized it. To have it memorized or know the recipe by heart, my brain stored that information away for me because I love those cookies. I needed a good night’s sleep for that to happen. I am going to take one big step forward!”

4. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
5. Begin by reading an action. (Feel free to use actions of your choice or the ones provided below).
6. After each action and movement, discuss as needed based on your student(s).
Suggested Probing Questions:
 - Why did you move forward?
 - Why did you move backwards?
 - How did you know to move that way? What clue did you hear?
7. Have the student(s) return to their original positions.
8. Repeat as many times as desired.
9. In closing, remind student(s) that even though we think we are so busy during the day, our brains are just as busy at night when we are sleeping, getting our body and brain ready for the next day. Therefore, it is so important that we get good sleep each night to keep our body and brain healthy.

Actions:

(F)-Forward Movement

(B)- Backward Movement

- a. Eating a snack (B)
- b. Repeating a phone number right after you heard a commercial (B)
- c. Reading a book (B)
- d. Remembering your address so you can tell your friend (F)
- e. Doing homework – (F/B)
- f. Recovering from Brain Drain (Repairing your brain) (F)
- g. Talking to your friends (B)
- h. Telling someone what you had for lunch yesterday (F)
- i. Remembering your Halloween costume from last year (F)
- j. Watching TV (B)
- k. Learning how to play a video game (B)
- l. Walking the dog (B)
- m. Cleaning up work from the day (B)
- n. Beating all the levels of your video game (F)
- o. Remembering what happened in your book so you can pass your test (F)
- p. Running around (B)
- q. Remembering your grandparents' phone number so you can call them every week (F)