



Story General Information

Your Sleeping Brain is Hard at Work (🧠 A Physical Health Story) (1st Grade- 6-7 yrs.)

Sleep is important for the survival of all animals. This story will describe what sleep is, why animals do it, and what your brain is doing while you are sleeping.

- 🧠 All animals sleep in different ways.
- 🧠 Your body needs sleep to rest and recover from all the things you do while you are awake. Your brain's job, however, is never done. While your body rests, your brain has time to do other things. (fix things – repairer or repair technician, memory consolidation – storage facilitator, and waste removal – janitor)
- 🧠 There are many reasons why we need to sleep and people of different ages need different amounts of sleep.

The facilitator begins with an introduction of themselves, neuroscience, and an overview of the program, Brain Health: It's SPECTacular. In this lesson, the focus is Physical Health. Knowing more about how the body physically works can help the brain stay healthy. In this story, the children learn about sleep and how important it is to the recovery of the body and the brain. Sleep is a key component of Physical Health.

All animals sleep. This pattern in creatures signifies the importance of sleep to the body and brain. The facilitator describes why sleeping is important. First, the children identify numerous activities people do during the day. These activities and behaviors use the body, brain, and energy. After doing the work, the body is tired. To restore and renew the body, people and animals rest or sleep.

However, the brain does not go to sleep. The brain still has work to do. While people sleep, the brain has three major functions to perform. The facilitator walks the children through each job and connects each task to an occupation or thing to understand it more clearly.

The first function of the brain while sleeping is to fix itself and the body. The brain is like a repairman. It puts on its safety hat and grabs its toolbox. The brain fixes anything that was damaged during the day, so the body and brain are prepared for a new day. The brain is also working as a storage unit. As the body sleeps, the brain stores memories away in a safe place. This is how people can remember things for long periods of time. Finally, the brain becomes a janitor and cleans up the mess from the day and removes any waste that was left behind.

The facilitator also discusses with the children how different people need different amounts of sleep. Babies, who are growing, need a lot of sleep! Bodies that move constantly during the day will need more sleep to rest and recover too. Therefore, it is imperative to get the right amount of rest.

Moving, working, and sleeping are all important to maintaining a proper level of Physical Health. Good Physical Health contributes to a happy, healthy, and SPECTacular brain.

Story Objectives:

- Students will identify that all animals sleep.
- Students will recognize their bodies need to sleep after doing work all day.
- Students will describe why we sleep: rest and recovery.
- Students will identify three major functions of the brain during sleep: fix, store, and clean.
- Students will explain what the brain fixes, stores, and cleans during sleep.
- Students will recognize that different people (ages) need different amounts of sleep.