



A SPECTacular Way to Think Outside the Box (🧠 A Brain Health Story)
(3rd Grade – 8-9 yrs.)
Video: The Importance of Sleep



STORY CONNECTION – SLIDES 9-14 (Approx Time: 25-30 mins)

We all know how important sleep is for your brain health. If your body and your brain are not healthy, then you will not be able to do lots of things. So, you may think that “having to go to bed” is not fun - you need to change the **way** you are thinking about having to go to bed - “think outside of the box.” Think about sleeping as a way to help your Physical Health. If your body and your brain are healthy, that will make all the things that you have to do more fun. If you are getting a good night’s sleep, then you are helping your body and your brain get ready for all the things that you need to do the next day. When you are well rested, you have the energy to do all the things that you need to do. Plus, when you get enough sleep, you have better control of your emotions. Plus, when you do not get enough sleep and you are tired, you do not have a lot of energy. By making sleep a priority, you are helping your brain stay healthy.

Materials needed:

- “Why Do We Need Sleep?” video link: [https://www.youtube.com/watch?v= aAmaCeq9v4](https://www.youtube.com/watch?v=aAmaCeq9v4) (3:32)
- “Why Do We Need Sleep?” focus questions (included below- optional) or paper
- Equipment to show online video
- Pencils

Preparation needed:

- Preview the video.
 - Determine points to pause the video to discuss for second showing
 - For example, stop the video when the video talks about the importance of sleep for the brain and have the student(s) recall what they remember from the story or the first viewing of the video. Another example is to stop the video when it talks about sleep routines and have some of the student(s) share their routines for getting ready for bed.
- Determine how student(s) will answer questions after the third showing.
- Print focus questions (1 per student- optional)

Instructions:

1. In this activity, student(s) will watch a video that reinforces the importance of sleep that they learned about from the story. The student(s) will watch the video three times.
2. The first time they are just going to watch it. Let the video run from start to finish allowing student(s) to watch.

3. The second time the video is played, stop the video at predetermined points to discuss.
4. Ask questions and allow student(s) to answer them out loud.
5. After the video plays through completely, pass out the "Why Do We Need Sleep?" focus questions.
6. Read the questions together.
NOTE: Many student(s) will already know some of the answers to these questions since they have seen the video twice already.
7. Have them circle the number of questions they are unsure about the answers. These are the ones they will pay close attention to when they see the video again.
8. Play the video a third time.
9. When it is over, student(s) answer the questions.
NOTE: This can be done independently or with a partner or small group.
10. Allow student(s) to answer questions out loud and check answers.
11. In closing, remind student(s) that being told to go to sleep is not a punishment, but a gift. This allows their bodies and brains to be rested for the next day's work, to have the energy to get through the next day, to have better control over their emotions, to remember important things, and get rid of what is not necessary. By making sleep a priority, you are helping your brain stay healthy.

“Why Do We Need Sleep?” Focus Questions

Name:	
How much sleep do doctors recommend?	What happens to your body when you are sleeping?
Why is sleep so important for your brain?	What are some of the things your brain does while you are sleeping?
How do you feel when you do not get enough sleep?	Describe your sleep routine.
What should you NOT do close to bedtime?	What time do you go to sleep?
What time do you wake up?	Do you make sleep a priority? Explain your answer.