



Sleep Basics (🧠 A Physical Health Story)
(3rd Grade – 8-9 yrs.)
Skit: Wrong Side of the Bed



STORY CONNECTION-SLIDE 13 (Approx Time: 25-30 mins)

It is important to get the right amount of sleep for your age. That way you are getting the right amount of SWS and REM sleep to take care of your body and your brain and make sure it is healthy. When you do not get enough sleep, this messes up the amounts of SWS and REM. We need SWS because this is when all the fixing and cleaning of the brain takes place. And while REM is important too, if your brain is not healthy – you will not be able to do the behaviors you need to do to keep your body healthy.

Materials needed:

- Props and or costumes (optional)

Preparation needed:

- Determine student groupings
- Determine how long student(s) will have to create and practice
- Determine when student(s) will perform (same day/over a period of time)
- Determine how long each skit should be

Instructions:

1. Begin by asking student(s) to explain the meaning of the saying “getting up on the wrong side of the bed.”
 - This often indicates that someone wakes up in a bad mood for whatever reason.
 - This reason is oftentimes lack of sleep or lack of quality sleep.
2. Tell student(s) they will be working in groups to create and perform a skit for their classmates. Each group will be performing two different skits. Let the student(s) know how long each skit should be (Suggestion: 1-2 minutes)
 - In the first skit, student(s) will act like they have awakened “on the wrong side of the bed.” Remind them to show how they feel, look, and act toward family and friends. Also, remind them to show how they might act or perform in school after waking up “on the wrong side of the bed.”
 - In the second skit, student(s) will act like they have had a great night’s sleep. Remind them to show how they feel, look, and act toward family and friends. Also, remind them to show how they might act or perform in school after waking up rested and ready to go.
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Group student(s) and allow them an allotted amount of time to prepare their skits.
5. When time is over, each group will perform their skits.
6. After each group performs their two skits, discuss how they were different. Hopefully, this will be a good visual reminder that adequate sleep is important for us and those around us. If we are moody and grumpy, we will not be fun to be around.

7. In closing, remind student(s) that getting the recommended amount of sleep is important for their body and their brain health. Sleep gives the brain a chance to repair, store, and clean up from a busy day.

Skit Idea Credit: <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf?ref=search>