



Sleep Basics (🧠 A Physical Health Story)
(3rd Grade – 8-9 yrs.)
Game: Is a Good Night's Sleep in the Cards?



STORY CONNECTION-SLIDE 14 (Approx Time: 20-25 mins)

There are things that we can do to make sure we have good sleep habits so that we can get the sleep that we need to keep our brain healthy. By doing these things and avoiding others, we have a better chance of getting a good night's sleep. This allows the brain to do its job so we can face each day, ready to be our best.

Materials needed:

- Game board (included below)
- Game cards (included below)
- 2 game pieces for each group—beans, buttons, small toys, erasers, etc.

Preparation needed:

- Print game board (1 per pair)
- Print and cut game cards (1 set per pair)
- Determine what will be the game pieces (1 per student)

Instructions:

1. Explain to student(s) they will play a game that will challenge them to think about good sleep habits versus bad sleep habits.
2. To explain the rules of the game, go through steps 5-11 with student(s) modeling how to play with the board/cards.
Suggestion: Display or print directions for student(s) to see during model/game play.
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Pair up student(s) and pass out game boards, game cards, and game pieces.
***NOTE: This game can also be played with all the student(s) versus the teacher/leader if that is more appropriate for the situation. ***
5. Have pairs shuffle cards and place them face down in a stack.
6. Each player puts their game piece on the Starting Line NOT in the first space.
7. Player 1 draws a card. If it is a good sleep habit, they move forward the number of spaces indicated on the card. For the first play, if they draw a bad sleep habit, they just do not get to move forward, and their turn is over.
8. Player 2 draws a card. If it is a good sleep habit, they move forward the number of spaces indicated on the card. For the first play, if they draw a bad sleep habit, they just do not get to move forward, and their turn is over.
9. From here on, players take turns drawing cards. Good sleep habits move forward toward the Finish Line while bad sleep habits move backward toward the Starting Line.

10. If student(s) run out of cards before someone reaches the finish line, shuffle the cards, and put them face down and continue to play.
11. The game is over when one of the players reaches the Finish Line. Student(s) can play again as time permits while other groups are finishing their games.
12. When all groups are finished, go over each card and have a short discussion as to why each one is a good or bad sleep habit and why.
13. In closing, remind student(s) that good sleep habits will lead to better sleep. Better sleep means that our brains can do what they need to do to help us be our best for the following day.

Drink a glass of milk before bed.



+1

Drink a soda with caffeine before bed.



-1

Read a book in bed.



+2

Play on your tablet in bed.



-2

Running and playing outside.



+3

Playing video games inside all day.



-3

Having a small snack before bed.



+4

Having a large meal before bed.



-4

Going to bed on time.



+5

Going to bed very late.



-5

Have a dark, quiet room.



+6

Have a loud, bright room.



-6

