



**Sleep Basics (🧠 A Physical Health Story)**  
**(3<sup>rd</sup> Grade – 8-9 yrs.)**  
**Creative Writing: You Can Quote Me on That**



**STORY CONNECTION-SLIDE 19 (Approx Time: 20-25 mins)**

This story was all about sleep. All animals sleep and all mammals dream. While there is still a lot more information about sleep, you now know enough to understand why when someone tells you it is time to go to bed trying to help you help your brain to be healthy. You now know that there are different stages of sleep, SWS and REM, that do different things to help your brain stay healthy. You also know that your sleep needs to change as you get older. You also know that when you do not get enough sleep, both your SWS and REM stages of sleep get messed up. This means your brain cannot do what it needs to do to repair and clean your brain. It also cannot do what it needs to do to help you remember all the things that you learned during the day. We also know a little bit about dreams.

**Materials needed:**

- Quotes about sleep (included below)
- Paper for writing (1 per student)
- Pencils
- Crayons, markers, colored pencils (optional)
- Paper for illustrations (optional)

**Preparation needed:**

- Determine how to display or share quotes with student(s)
  - Project on board, provide a paper copy, post around the room in large print
- Determine how much time student(s) will have to write (and draw).
- Determine if student(s) will draw a picture.
- Create an example to share (if necessary).

**Instructions:**

1. This activity will give student(s) the opportunity to think about sleep and give their opinions about it.
2. Share quotes about sleep with the student(s).
3. Read them together as a group without discussing them—this will come later.
4. Explain to the student(s) they will have the opportunity to think more in-depth and write about one of the quotes they like the most. They will have an allotted amount of time to complete their writing (and drawing).
5. Each student will:
  - a. Pick a quote
  - b. Explain what they think the author is saying
  - c. Tell if they agree or disagree with the author.
  - d. Explain why they agree or disagree.

- e. Create an illustration to go with the quote or their interpretation of the quote. (*optional*)
6. After the allotted time is over, give student(s) the opportunity to share their work with the group if they feel comfortable.
7. Review the importance of sleep with the student(s) and reiterate that even if they do not think they need sleep, they do! Their bodies and brains must have sleep to keep them healthy.

<https://faculty.washington.edu/chudler/chsleep.html>

**Marlo Thomas**

My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better.

**Homer**

There is a time for many words, and there is also a time for sleep.

**Mahatma Gandhi**

When I wake up, I am reborn.

**Marilyn Monroe**

The nicest thing for me is sleep. Then at least I can dream.

**Tom Hodgkinson**

When the going gets tough, the tough take a nap.

**Yogi Berra**

I usually take a two-hour nap from one to four.

**Ernest Hemingway**

I love sleep. My life has the tendency to fall apart when I'm awake, you know?

**Winnie the Pooh**

Let's start by taking a smallish nap or two ...

**Unknown**

I love sleep because it's like a time machine to breakfast.

**Unknown**

You miss 100% of the naps you don't take.

**Irish Proverb**

A good laugh and a long sleep are the two best cures for anything.

**Unknown**

"Go to bed you'll feel better tomorrow" is the human version of "Did you try turning it off and on again?"

**Mindy Kaling**

There is no sunrise so beautiful that it is worth waking me up to see it.

**Unknown**

Don't give up on your dreams. Keep sleeping.

**Charles M. Schulz**

Learn from yesterday, live for today, look to tomorrow, rest this afternoon.

<https://www.goodhousekeeping.com/life/g27453141/sleep-quotes/>

**Thomas Edison**

Sleep is an acquired habit. Cells don't sleep. Fish swim in the water all night. Even a horse doesn't sleep. A man doesn't need any sleep.

**Isaac Asimov**

I never use an alarm clock. I can hardly wait until five a.m. In the army I always woke before reveille. I hate sleeping. It wastes time.