



Activities Summary
Sleep Basics (A Physical Health Story)
(3rd Grade – 8-9 yrs.)



#1-Experiment: REM Detective

- Students observe someone sleeping to study their eye movements.
- Approx Time: 10-15 mins
- Story Connection: Slide 12



#2-Skit: Wrong Side of the Bed

- Students create and act out skits to demonstrate the difference between good and bad sleep.
- Approx Time: 25-30 mins
- Story Connection: Slide 13



#3-Game: Is a Good Night's Sleep in the Cards?

- Students test their knowledge of healthy sleep habits.
- Approx Time: 20-25 mins
- Story Connection: Slide 14



#4-Physical Activity: Do You Have Control?

- Students move to designated areas to distinguish between voluntary and involuntary movements.
- Approx Time: 5-10 mins
- Story Connection: Slide 18



#5-Creative Writing: You Can Quote Me on That

- Students read and respond to various quotes about sleep.
- Approx Time: 20-25 mins
- Story Connection: Slide 19