



**BY KIDS FOR KIDS LESSON**  
**Why you should get enough sleep**

<b>Objective(s)</b>	SWBAT share facts around the importance of sleep through writing a Public Service Announcement.
<b>Standards Addressed</b>	<b>W.5.4</b> Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience. <b>SL.5.1</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on ( <i>grade level</i> ) topics and texts, building on others' ideas and expressing their own clearly. <b>RI.8.10</b> Independently and proficiently read and comprehend literary nonfiction at the high end of the grades 6-8 text complexity band. <b>W.8.1B</b> Support claim(s) with logical reasoning and relevant evidence, using accurate, credible sources and demonstrating an understanding of the topic or text. <b>W.8.2D</b> Use precise language and domain-specific vocabulary to inform about or explain the topic.
<b>Health Content</b>	<ol style="list-style-type: none"><li>1. Sleep plays an important role in the development of young minds.</li><li>2. Sleep impacts alertness and attention, mood, learning, and memory.</li><li>3. Teens need 8-10 hours of sleep every night.</li><li>4. More than 70% of high school students do not get the recommended amount of sleep for their age.</li></ol> <p><i>Source: sleepfoundation.org</i></p>
<b>Key Vocabulary</b>	<ol style="list-style-type: none"><li>1. <b>sleep</b> – the natural state of many living things that is “marked by the absence of wakefulness and by the loss of consciousness.” (<i>source: merriam-webster.com</i>)</li><li>2. <b>disrupt</b> – “to break apart” (<i>source: merriam-webster.com</i>)</li><li>3. <b>adequate</b> – acceptable or “sufficient for a specific need.” (<i>source: merriam-webster.com</i>)</li></ol>
<b>Essential Understandings</b>	<ol style="list-style-type: none"><li>1. Trustworthy websites provide truthful information.</li><li>2. "About Us" page or "Who We Are" page should explain who the website authors are.</li><li>3. The ending of the URL (web address) gives a clue about the website's purpose.</li><li>4. Website articles should be timely.</li></ol>
<b>Materials Needed</b>	<ol style="list-style-type: none"><li>1. Laptop, computer, tablet with access to <a href="http://www.healthynewsworks.org">www.healthynewsworks.org</a>.</li><li>2. Writing materials – paper, pencil, etc.</li><li>3. (optional – chart paper and markers)</li></ol>
<b>Introduction</b>	<p><i>Ask students to share what time they normally go to sleep and what time they wake up? How many hours of sleep do they typically get in a night?</i></p> <p>Explain that students will learn why sleep is so important for our health – what happens when they don't get enough sleep and some tips that will help us get more sleep.</p>
<b>Lesson</b>	<p><i>Tell students that they will start by doing some research. They will:</i></p> <ul style="list-style-type: none"><li>* Visit <a href="http://www.healthynewsworks.org">www.healthynewsworks.org</a> and type “<b>sleep</b>” into the search function. Click on the first link – “Tips for getting a good night’s sleep.” Take a few minutes to read—either individually or in a partnership.</li><li>* Think about the benefits to a good night’s sleep and be ready to share those.</li></ul> <p><i>On chart paper, list the healthy sleep tips found in the article.</i></p> <p>You can see all the benefits to getting a good night’s sleep. Let’s think about some of the barriers to getting good sleep. What keeps you from being able to get a good night’s sleep?</p> <p><i>Allow students time to share.</i></p>



www.HealthyNewsWorks.org

	Working independently or with a partner, pick one (or more) of the barriers to brainstorm and come up with a solution. ( <i>Allow time to work and write.</i> )
<b>Dig Deeper (Optional)</b>	You get ready to sleep throughout the day. What would a “healthy” sleep day look like for you? Plan out a schedule that includes different things we should do all day to improve our sleep. (exercise, eating, screens, etc.)
<b>Health Journal</b>	Compare/contrast a day when you got a terrible night’s sleep and one where you had a great night’s sleep. What happened to get bad/good sleep and how was the following day? How did you feel? What was challenging/easy as a result?
<b>Assignment(s)</b>	<p><i>Ask students to:</i></p> <ol style="list-style-type: none"><li>1. Describe something you do to improve your own sleep health. (The reflection can be submitted to Healthy NewsWorks’ By Kids For Kids website: <a href="https://healthynewsworks.org/by-kids-for-kids/">https://healthynewsworks.org/by-kids-for-kids/</a>)</li><li>2. Create a PSA that shares why sleep is important. A public service announcement (PSA) is a brief message to encourage a specific action such as to stop smoking, wear sunscreen, or eat fruits and vegetables. The PSA generally should make one quick point. But the message—just like news stories—needs to be accurate. In this case, your message should illustrate an example of how sleep is an important part of our health. The PSA can be also submitted to <a href="https://healthynewsworks.org/by-kids-for-kids/">https://healthynewsworks.org/by-kids-for-kids/</a></li></ol>