

Grade 5

Health Objective 2.02

Evaluate the importance of sleep and rest in relationship to proper growth and development.

Math Objective 4.03

Solve problems with data from a single set or multiple sets of data using median, range, and mode.

Materials Needed:

Appendix 1 - Why We Need Sleep
Sleep (My Health Series) by Alvin Silverstein
Appendix 2 - Weekly Sleep Log

Focus:

Teacher begins lesson by acting very sleepy. The teacher yawns, has droopy eyes, and acts as if going to go to sleep because of not having had enough sleep the night before. If students ask questions then the teacher should act like they do not really understand since it would be hard for them to concentrate without enough sleep.

Teacher Input:

- Ask students how much sleep they get each night.
- Ask students to share what they think sleep does for them.
- Display a transparency made from Appendix 1, Why We Need Sleep. Have students give examples of times they got enough sleep and times they did not.
- Read Sleep (My Health Series). Make a chart with students of the reasons that were given in the book for the importance of sleep.

Practice & Assessment:

1. A week before doing this lesson, have students write down what time they went to bed and woke up for a complete week, using Appendix 2.
2. Have students keep a log of what time they went to bed and woke up for a complete week after doing this lesson.
3. Have students make notes each day about how they feel.
4. Have students compute the mode, range, and mean of hours of sleep they have gotten each week and compare the amounts.

Kori Hicks - Permission Granted

WHY WE NEED SLEEP

WE NEED SLEEP TO BE HEALTHY.

WE NEED SLEEP FOR OUR BODIES TO GROW AND REPAIR CELLS.

WE NEED SLEEP TO PREVENT DISEASE.

WE NEED SLEEP TO BE IN A GOOD MOOD.

WE NEED SLEEP TO LOOK OUR BEST.

WE NEED SLEEP TO BE ABLE TO DO OUR BEST IN SCHOOL.



ARE WE GETTING ENOUGH SLEEP?

DAY	TIME TO BED	TIME AWAKE	HOW MANY HOURS SLEEP DID YOU GET?	HOW DID YOU FEEL WHEN YOU WOKE UP?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

1. WAS THERE A MODE (MOST COMMON) NUMBER OF HOURS OF SLEEP? WHAT WAS IT? _____
2. WHAT WAS THE RANGE OF HOURS OF SLEEP DURING THE WEEK? _____
3. WHAT WAS THE MEAN NUMBER HOURS OF SLEEP YOU GOT THIS WEEK? _____
4. ARE YOU GETTING ENOUGH SLEEP? _____