

Why we sleep

WHAT MAKES A GOOD SLEEP?



Lesson Goals

Problems

- learn some interesting facts about sleeping and identify the importance of sleep and its benefits for the body and brain.
- aware the importance of good sleeps
- identify your own sleep needs and commit to improving your sleep quality.

Language Competence

- define and use new vocabulary related to sleep in different contexts.
- talk about sleeping habits, using sentences with IF.
- enhance listening skills by actively listening to a story with gaps and filling them in with relevant information.

1 ENGAGE

A Two Truths & One Lie:

Write down two things about your sleep habit that are true and one thing that is a lie on a piece of paper. Share with your class. Can they guess your sleep secret?



Example:

1. I love reading before bed. (Truth)
2. I wake up early to watch the sunrise. (Truth)
3. I can sleep anywhere, even standing up! (Lie)

B True or False: Facts of Sleep

Read the facts below. Write a **T** if the sentence is True, and **F** if it is False

T or F

1. We spend 33% of our lives asleep.
2. Our brain is very active when we sleep.
3. We can sleep with our eyes open.
4. We usually have between four to six dreams a night.
5. We can smell while we're sleeping.

C Let's Discuss!

1. Do you believe sleep is important? How does it help us?
2. After a whole day of activities, why do you think we need to sleep at night?



There is a special day called World Sleep Day that takes place on the third Friday of March every year. It is celebrated worldwide to raise awareness about the importance of sleep for our health and well-being, and to promote the benefits of good sleep habits.

In 2024, World Sleep Day is on March 15th.



DID YOU KNOW?

2 EXPLORE

A Read the story and pick a good title for it.

Benny was a very **(1)** boy. One day, he asked his grandpa, "Grandpa, why do we sleep?"

Grandpa smiled and said, "Sleep is like magic, Benny! When we sleep, our bodies have a chance to rest and **(2)** themselves. It's like giving our body a break after a busy day of playing, learning, and exploring".

Benny shook his head. "But I don't like to sleep! There are so many things to do!"

"I understand, Benny," his grandpa said. "But sleep is important. Remember yesterday when you stayed up late watching cartoons? You were **(3)** and tired in school today, weren't you?"

Benny thought for a moment. "Oh yeah, I couldn't solve the math problems and I felt **(4)** in reading class." Grandpa **(5)** "That's because your brain didn't have enough sleep to work its magic! When we don't get enough sleep, it's like having a low phone **(6)** We can't think clearly, feel happy, or play our best."



Curious, Benny asked, "What if I sleep too much, like for a half of a day?"

Grandpa laughed. "While sleep is important, but if you have too much sleep, you feel **(7)** and slow when you wake up, just like a phone that gets too hot." Benny looked thoughtful. "So, how much sleep do I need?" "That's a great question, Most children your age need around 9-10 hours of sleep each night."

That night, Benny went to bed early, feeling excited to give his brain space and time to help his get back all the energy. He closed the eyes and imagined his brain and body becoming stronger and happier, ready for a new day of learning and playing.



The best title of this story is:

- Benny and His Bed
- Benny Learns about Sleep
- Benny Don't Want to Sleep

B Write the words in the box for the definitions. Then match the definitions with the pictures.

sleepy grumpy nod battery
groggy curious repair

.....
You want to know about something and you ask questions to learn more about it.

.....
You move your head up and down when you agree with someone.

.....
This is when you feel unhappy and become easily annoyed.

.....
You need this for devices like toys, remote controls, or flashlights to work.

.....
You feel this when you didn't get enough sleep and still want to sleep even though you just woke up.

.....
You do this when something is broken or not working.

.....
This happens when you feel weak and can't think clearly or walk correctly because you're tired.



C Read the story again. Complete the story with the words in the box in exercise B.

D Read the completed story again and answer the questions below.

1. What did Benny ask his grandpa at first?

.....

2. How did grandpa explain why sleep is important?

.....

3. Why was Benny grumpy and tired in school yesterday?

.....

4. What happens when we don't get enough sleep?

.....

5. How much sleep do most kids at Benny's age need each night?

.....

3 EXPLAIN

A Find the sentence below in the story, and complete it with the correct phrase.

1. If you have too much sleep,
 - a. you feel groggy and slow when you wake up.
 - b. you don't need to sleep the next day.
2. Explain your answer to your friends.

B Match the two parts of the following sleep facts, and explain your answers.

- | | | |
|---------------------------------|---|---|
| 1. If giraffes take long nap, | • | • a. if they don't hibernate in the winter. |
| 2. If ducks don't sleep in rows | • | • b. they will float away. |
| 3. Bears are starving to death | • | • c. they can be in danger when a lion comes. |



C Write two facts about your sleep habits, starting with IF. Then tell your friends.

Example: If I don't have my teddy bear, I can't sleep well.

.....

.....

4 ELABORATE

A Group work: Draw a poster with tips for getting a good night's sleep. Your poster can be showed at school to help everyone sleep soundly!



Answer these questions to help you with ideas for the poster!

When is the best time for children to go to sleep?

Is it okay to have the TV or radio on while we sleep?

What do children need to have with them to sleep well?

Is it a good idea to drink soda or eat sugary food before going to bed?

B Gallery Walk Activity

1. Display and present your group's work to your classmates.
2. Visit other groups' displays. Listen to and vote for the best poster(s).

5 EVALUATE

A What have you learned today? Check the list.



- Know** at least five facts about sleep and understand why it's important for our body and brain.
- Use** new vocabulary to talk about sleep.
- Talk** about sleeping habits, using sentences with IF.
- Create** a poster to share tips to have quality sleep to other children.
- Present** my ideas effectively.

B Write a short paragraph (30 words) about what you will do to ensure you will have a good night sleep from now on.

.....

.....

.....

.....

.....

