

# Why we sleep

## WHAT MAKES A GOOD SLEEP?

**At the end of this lesson, students will be able to:**

- ✓ 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.
- ✓ speak and present my ideas effectively.



### TARGET LEARNERS

Young learners  
(A1 - A2 levels)



### DURATION

60 - 90 minutes



### PREPARATION

Classroom technology  
Art supplies (crayons, pencils, ...)



**1 Engage**  
10 - 15 minutes

*This stage elicits students' prior knowledge and stimulates their interest in the topic of beauty sceneries around the world.*

**Suggested teacher's activities****Two Truths & One Lie:****Exercise A:**

- Begin the lesson with a game where students each share 3 statements about their sleep patterns, with 2 being true and 1 being false.
- Introduce the class with the sample of 2 truths and 1 lie from their worksheet.
- Allow time for students to think about their 3 statements and ask them to work in pairs, trying to figure out the other's lie.

**Exercise B:**

- Have the class work in groups to identify which facts are true and which are not.
- Invite students from each group to present and explain their answers.
- Review the answers with the class, providing brief explanations as necessary.

**Exercise C:**

- Divide the class into small groups of 3-4 students to discuss the importance of sleep.
- Set a timer for 3-4 minutes for group discussions. Then, have groups share their answers.
- Have students discover the fact about World Sleep Day.

**Answer key**

**A.** (Students' answers vary.)

**B.**

1. True
2. True
3. False
4. True
5. False

**C.**

Possible answers:

1. Yes, sleep is important. It helps us in many ways. It restores our energy, strengthens our immune system, improves our memory and learning, and promotes overall physical and mental health.
2. After a whole day of activities, we need to sleep at night because it allows our bodies and brains to rest, recover, and recharge. During sleep, important processes occur, such as tissue repair, hormone regulation, and memory consolidation, ensuring we're ready for another day.

## 2 Explore

10 - 15 minutes

This stage is to engage students in a series of activities that promote awareness about having good sleep through reading comprehension and vocabulary acquisition.

### Suggested teacher's activities

#### Exercise A:

- Explain to students that their task is to read the story with blanks and choose the best title.
- Select random students and ask them to share their understanding of the main idea and choose the best title of the story.
- Have students explain their answers.

#### Exercise B:

- Start by going through the pictures, asking them what they can see in each picture.
- Draw students' attention to the words in the box and drill pronunciation.
- Let students work in pairs or small groups to read the new words in the box and their definitions, and then match them up.
- Have students connect the pictures to the words by entering the corresponding numbers into the circle boxes.
- Check their work, give feedback, and check their comprehension.

#### Exercise C:

- Encourage students to review the story once more and complete the blanks with the appropriate word forms. Provide corrections and further explanations when needed.

#### Exercise D:

- Go through the questions. Make sure to explain the questions clearly so that students understand what is being asked.
- Have students work in pairs or groups to answer the questions, reminding them to refer back to the story for the answers.
- Choose random students to share and explain their answers.
- Provide corrections and additional explanations as necessary.

### Answer key

#### A.

The main idea of this story is that sleep is important for our bodies and brains to rest and get stronger.  
(Extra explanation: When we sleep, our bodies take a break and fix themselves. If we don't sleep enough, we feel tired and can't think or play well. But if we sleep too much, we feel slow when we wake up. Most kids need around 9-10 hours of sleep each night. Sleep helps us have energy and be ready for the next day of learning and playing.)

#### B.

(The answers are listed in order from top to bottom.)  
curious  
nod  
grumpy  
battery  
sleepy  
repair  
groggy

#### C.

(1) curious  
(2) rest  
(3) grumpy  
(4) sleepy  
(5) nodded  
(6) battery  
(7) groggy

#### D.

1. Benny asked his grandpa, "Why do we sleep?"
2. Grandpa explained that sleep is like magic and helps our bodies rest and repair themselves, like giving our body a break after a busy day.
3. Benny was grumpy and tired in school yesterday because he stayed up late watching cartoons and his brain didn't have enough sleep to work well.
4. When we don't get enough sleep, it's like having a low phone battery and we can't think clearly, feel happy, or play our best.
5. Most kids at Benny's age need around 9-10 hours of sleep each night.

## 3 Explain 10 - 15 minutes

*This stage helps students explore and explain how to use if-clause in the real context.*

### Suggested teacher's activities

#### Exercise A:

- Tell students to read the question and choose the correct option. This exercise is to help students explore and understand by themselves how the sentence is formed.
- Check their answers and ask them to explain why they chose them.

#### Exercise B:

- Draw students' attention to the pictures.
- Have some students read two sets of phrases out loud. Make sure they understand the phrases correctly.
- In pairs or groups, have students match the phrases to make full sentences.
- Pick random students to share their answers and explain how they formed the sentences, highlighting how the phrases fit together.
- Provide corrections and additional explanations as necessary. Use the reference website on animal sleep facts to offer students additional intriguing facts if time permits.

#### Exercise C:

- Have the students read the example.
- Allow enough time for them to think and write their sleeping habits in their worksheet, reminding them to use the IF clause.
- Divide students into pairs or groups. Have them take turns to share their sleep habits.
- As a whole class, ask students to share interesting facts they learned about their friends' sleep habits. Discuss any similarities or differences.

### Answer key

#### A.

1. Correct option: a
2. (Students' answers vary.)

#### B.

1. c
2. b
3. a



#### C. (Students' answers vary.)

Possible answers:

- If I'm too excited before bed, it's hard for me to fall asleep.
- If I sleep with a night light on, I feel safer and more comfortable.
- If I drink a glass of warm milk before bed, it helps me feel sleepy.

## 4 Elaborate 10 - 15 minutes

*This stage aims to promote teamwork, communication, critical thinking, and a deeper understanding of the topic while enhancing presentation skills and fostering respect for diverse perspectives.*

### Suggested teacher's activities

#### Exercise A:

- Divide the class into groups and ask them to collaborate on creating a poster with tips for having a good night's sleep.
- Tell the students to read the prompt questions to gather ideas for their poster.
- Allow enough time for the poster creation.

**Exercise B:**

- Have the groups display their work at different corners of the classroom.
- Ask each group to nominate a representative to present their work on the template.
- Allow the other members of the groups to visit the other group displays, listen to the presentations, and vote for the best poster(s).
- Observe the groups' presentations and encourage students to provide more details on their tips on the posters as well as to ask questions.

**Answer key****A.**

(Students' answers vary.)

Possible answers for the prompt questions:

1. The best time for children to go to sleep is usually between 8 and 9 p.m.
2. It's better to avoid having the TV or radio on while we sleep because it can disturb our sleep and make it harder to fall asleep.
3. Children need a comfortable pillow, cozy blanket, and maybe their favorite stuffed animal or toy to sleep well.
4. No, it's not a good idea to drink soda or eat sugary food before going to bed. These can make it harder to fall asleep and may lead to restlessness during the night. It's better to have a light and healthy snack if needed.

**B.**

(Students' answers vary.)

**5****Evaluate**

10 - 15 minutes

*This stage encourages reflection using a checklist to promote reflective thinking and student expression on actions for ensuring a good night's sleep onwards.*

**Suggested teacher's activities****Exercise A:**

- Instruct students to reflect on the lesson and complete a checklist based on what they have learned in the lesson.

**Exercise B:**

- Have students engage in reflective thinking and write a 30-word paragraph about what you will do to ensure you will have a good night sleep from now on.
- Have some students share their writings.
- Summarize the main ideas covered in the lesson.

**Answer key****A.**

(Students' answers vary.)

**B.**

(Students' answers vary.)