

Grades 3-6 Educator's Guide

Kids' Topic 9: Good Night



Captivate



Educate



Activate

Session 1 Sleep is Brain Fuel

Show Your Energy!

- Ask students to show their energy level by either sitting on the floor (*low*), standing (*in the middle*), or standing with hands in the air (*fully recharged*).
- Keep a count of the students in each energy level category to compare with Session 5 when they repeat the activity.

Your Body and Brain Need Sleep

- Explain that getting enough sleep is one of the most important things you can do for your health.
- Not enough sleep means you are likely to:
 - Find it difficult to think and remember things.
 - Not have the energy to MOVE in your day.
 - Make unhealthy FOOD choices.

How Much Sleep?

- Ask students to write down the time they go to bed tonight, then write down the time they wake up tomorrow morning on a piece of paper. Bring it to school tomorrow.
- Students will count hours between their bedtime and the time they wake up to calculate how many hours they slept.

Session 2 Enough Sleep?

How Do Animals Sleep?

- Can your students correctly answer the true and false questions about animal sleep?

Good Night, Sleep Tight

- Tell students their body needs 9-12 hours of sleep each night for energy and growth.
- To know how many hours you sleep, count the hours between the time you go to bed at night and the time you wake up in the morning.

Your Bedtime

- Students calculate their sleep hours with the [Sleep Calculator](#) handout.
- Guide students to identify the time they need to go to bed to get 9-12 of hours of sleep.
- Encourage students to set an alarm or write themselves a note so they know what time to go to bed to be fully recharged for the next day.

Session 3 Prepare to Restore Energy

Abby or Marty?

- Read aloud the stories about Abby and Marty. These two children have very different bedtime routines.
- Ask students to predict how much energy each child will have the next day. A little? A lot?

Bedtime Routines

- Compare and contrast Abby and Marty's bedtime routines:
 - Marty will have the most energy because he has a better bedtime routine and sleep habits.
 - Marty's bedtime routine includes quiet time before going to bed. This makes it easier to fall asleep.

What's Your Routine?

- Each student identifies one thing they already do as part of their bedtime routine.
- Use the [Bedtime Routine](#) handout for each student to check off things they can add to their bedtime routine tonight to help get the 9-12 hours of sleep they need.

Session 4 Your Sleep Zone

What's Wrong?

- Ask students to identify things that do not fit in a sleep zone.
- Need a clue? Read information from [fit: Create a Sleep Zone](#).

Sleep Zone

- Ask students to close their eyes and make a mental picture of their bedroom.
- Read aloud the TRUE or FALSE questions.
- How many students have a sleep zone?
- A child's room can promote good sleep. TV and computer screens interfere with sleep. Darkness, cool temperatures, and calming colors aid sleep.

Create Your Sleep Zone

- Students choose at least one thing they can do to make their room a better sleep zone.
- Encourage students to ask a family member for help if needed.

Session 5 Choose to RECHARGE

Show Your Energy!

- Once again, ask students to show their energy level by either sitting on the floor (*low*), standing (*in the middle*), or standing with hands in the air (*fully recharged*).
- How do students' energy levels compare with Session 1?

Sleep Tips

- Read aloud the sleep tips.
- Highlight three factors that contribute to good sleep:
 - 1) The number of hours you sleep.
 - 2) What you do to prepare for sleep.
 - 3) Your sleep zone environment.

Better Sleep

- Create a classroom "Sleep Quilt" poster with bedtime routine and sleep zone tips.
- Your quilt can be made from any size paper.
- Close with the reminder that RECHARGE, along with MOOD, influences healthy choices.

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Prior Knowledge: RECHARGE influences healthy choices. RECHARGE is all about your energy! *fit* presents different ways to RECHARGE and get energy: 1) Sleep to restore energy, and 2) take time to relax during the day to refresh energy. The amount of sleep recommended by different organizations varies, however for school-age children, most recommend 9-12 hours of sleep each night. This week's topic will introduce students to the "sleep zone," an environment conducive for sleep. Paired with a bedtime routine, a sleep zone will help your students to RECHARGE each night.

Objectives: Students will be able to:

- Recall that children need 9-12 hours of sleep children each night.
- Identify a sequence of activities that make up a bedtime routine.
- Describe *sleep zone* as an "environment conducive for sleep."

Checks for Understanding and Readiness to Make Healthy Choices

Lesson 1: Your body and brain need _____. (sleep)

Lesson 2: Did you get enough sleep last night? (9-12 hours)

Lesson 3: What will you do for your bedtime routine? (quiet activity before bed, bathe, brush teeth, read, etc. Television and/or screen time can make it harder to fall asleep.)

Lesson 4: How can you make your room an even better sleep zone? (no TV, lights off--night light is okay, comfy temperature, tidy bed)

Lesson 5: _____ restores your energy for the next day. (Sleep)

Health Education Standards Performance Indicators

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

ELA/Literacy	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8	
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RI.4.9 RL.4.3 RL.4.9	RI.5.9 RL.5.1	

fit Tip: RECHARGE Your Energy! Take time to relax with a book before you go to sleep.

Family Message: Children need 9-12 hours of sleep each night to fully RECHARGE their energy. While sleeping, their bodies are hard at work. Brains are storing information, immune systems are strengthened, and growth hormones are active.

Your child is learning about choices she or he can make for a bedtime routine and sleep zone (sleep environment). Learn more about bedtime routines from [Raising fit Kids](#).

Related fit Links:

Articles and Activities

[fit Kids RECHARGE Handbook](#)

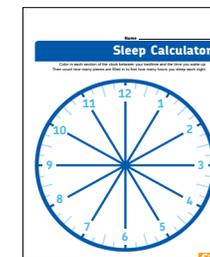
[Guide to Sleep](#)

[How do rest and relaxation tie in with being fit?](#)

[Are TV and Video Games that bad?](#)

Student Materials:

Session 2



Session 3

