



## Grade 2 Lesson Plan: Sleep

### Objectives/Goals

- Students will know how much sleep children are supposed to get
- Students will be able to describe effects of getting too little sleep

### Materials

- Power Point (In handout section)
- Flag Belts (1 per student)
- Large cones (1 per 2 students)
- Noodles (Or another small object students can collect when they pull a flag)
- 2 storage bins (1 for each team)

### Steps

#### *Step 1- Power Point*

- Show the power point about sleep
- Answer any student questions

#### *Step 2- Sleepy Flag Tag*

- Divide the class into 2 even teams. Every student gets a flag belt.
- 1 team will be “sleep deprived”, the other is well rested. Players on the “sleep deprived” team must carry a large cone with them while they play flag tag. The cone simulates the effect of students not getting enough sleep. The cone will slow them down by impacting coordination and balance providing an advantage for the well-rested team.
- Students try to pull flag belts of others on the opposite team. Students can travel anywhere with no safe zone.
- When a belt pull occurs, the puller returns the belt, collects a noodlette and places it in the scoring bin for their team
- Play for about 4 minutes, then count the noodles in each teams’ bins
- Switch which team is “sleep deprived” and play again

#### *Step 3- Class Discussion*

- Did the well-rested team have an advantage?
- How did you feel playing this game while you were on the “sleep deprived” team?

## Health Smart Virginia Sample Lesson Plan

- It isn't as easy to see in real life, but for students who don't get enough sleep in real life have a similar disadvantage. How much sleep should you get every night? (10 – 11 hours)

### Assessment Idea

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

### References

- Sleep.org: <https://www.sleep.org/articles/how-much-sleep-children/>
- Healthline: <https://www.healthline.com/health/sleep-deprivation/effects-on-body#1>
- Kids Health: <https://kidshealth.org/en/kids/not-tired.html>
- Kids Health: <https://kidshealth.org/en/kids/sleep.html>
- Healthline: <https://www.healthline.com/health/tips-get-your-kids-sleep>

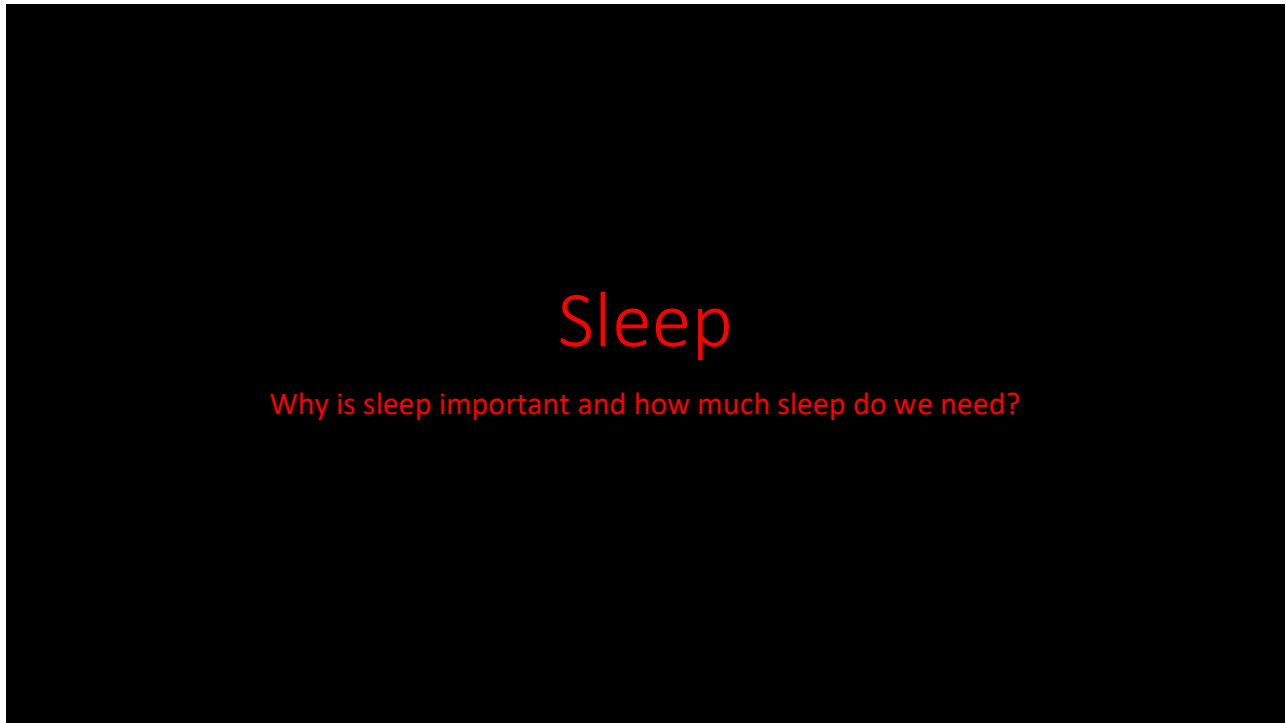
### Handout

The next pages include:

- Sleep Power Point
- Sleep Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

## Sleep Power Point

Click on the slide below to access the presentation



## Sleep Tips

### Get 10-11 hours every night

- Give your body a chance to rest and your brain time to recharge

### Have a regular bed time

- Don't argue with your parents when they say it is bed time!
- Most people wake up at about the same time each morning. Staying up late just means that you will probably get less sleep than you need

### Create a bed time routine

- Routines can help keep us calm and get us ready to go to sleep
- This is also a good time for bathing and brushing teeth
- Reading at night before bed is a great way to relax before bed

### Avoid screen time at night

- TV or computer/Ipad time right before bed can make it harder to sleep at night

### Don't worry about sleep

- Worrying about getting enough sleep makes it harder to sleep
- Stick to your routine at night and get in bed at bed time, even if you don't feel quite ready to go to sleep

## Exit Slip

**How many hours of sleep should you get every night?**

You can either write your answer in the blank, or tell your teacher on the way to get in line

---

## Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**
  
- 2) What are the 2 things we need to do every day to take care of our teeth?**
  
- 3) How many hours of sleep should we get each night?**
  - A) 6
  - B) 8
  - C) 10
  - D) 24
  
- 4) Why is soda an unhealthy hydration choice?**
  
- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**