

# The Children's Hour Sleep Episode Learning Guide

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## SUBJECTS

Science  
Language Arts

## SKILLS

Participants will be able to track their sleep and dream patterns using a sleep log and dream journal.

## KNOWLEDGE

Participants will understand the 4 stages of sleep for humans and how different animals sleep.

## ATTRIBUTES

Participants will continue to build their understanding of how their brains function, how important sleep is to their overall health, and how to use these strategies in their daily lives.

## LOOK FOR'S

As you listen to the Sleep episode, try to identify any words you don't already know. What are some things that stood out to you? What are some things you liked? What are some things you'd like to try?

## PHASES

## ACTIVITIES

## REFLECTIONS

|            |  |  |
|------------|--|--|
| SONGS      | As you are listening to the songs, what feelings are you having? Do you find yourself sitting and listening or wanting to get up and dance? Or are you excited to share the song with a friend or family member? |  |
| QUESTIONS  | As you are listening to the Sleep episode, what are some questions that come up for you?   |  |
| IMPORTANCE | What are some important ideas that came up for you as you listened to the Sleep episode?   |  |
| VOCABULARY | As you are listening to the Sleep episode, what are some words that you don't know?  |  |

**PHASES**

**ACTIVITIES**

**REFLECTIONS**

|                           |   |  |
|---------------------------|---|--|
| <p><b>CONNECTIONS</b></p> | <p>What are some things that the Sleep episode reminded you of? Did anything in the episode connect to your life? Have you had any experiences similar to information in the episode?</p> |  |
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**FOLLOWUP ACTIVITIES**

- If you didn't sleep in on Saturday, what's the first thing you would do? Who would you do it with?
- Who were The Beatles?
- If you sleep 1/3 of your life, then let's do some math! What is 1/3 of a day? What is 1/3 of a week? Month? Year?