Name: _____ Date: _____

Why We Sleep

Circle group

Every night, you go to bed. You sleep. Sleep is important. It helps your body and your brain.

When you sleep, your body rests. It grows a bit. Your brain gets ready to learn the next day.

Kids need lots of sleep. Most kids need ten hours. A dark, quiet room helps.

You wake up strong. You are ready to play.

Questions

1. When do you sleep?

_____

_____

2. What does sleep help?

_____

_____

3. How many hours do most kids need?

_____

_____

4. What kind of room helps?

_____

_____

5. Why might a kid feel tired if they stay up late?

_____

_____

6. How do you feel after you sleep?

_____

_____

Words to know

important: something that matters a lot
brain: the part inside your head that helps you think
rest: to stop and let your body relax
quiet: with little or no sound

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why We Sleep

Triangle group

Every night, you go to bed and sleep. Sleep is very important. It helps your body and your brain.

While you sleep, your body rests. It grows a little, too. Your brain gets ready to learn new things the next day.

Kids need a lot of sleep. Most kids need about ten hours each night. A dark, quiet room helps.

When you wake up, you feel strong and ready to play.

Questions

1. When do you sleep?

_____

_____

2. What does sleep help?

_____

_____

3. How many hours of sleep do most kids need?

_____

_____

4. What kind of room helps you sleep?

_____

_____

5. Why might a kid feel tired if they stay up too late?

_____

_____

6. How do you feel after a good sleep?

_____

_____

Words to know

important: something that matters a lot
brain: the part inside your head that helps you think
rest: to stop and let your body relax
quiet: with little or no sound

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why We Sleep

Square group

Every night, you climb into bed and fall asleep. Sleep is very important because it helps both your body and your brain.

While you sleep, your body rests and even grows a little. Your brain gets ready to learn new things the following day.

Kids need plenty of sleep, and most kids need about ten hours each night. A dark, quiet room makes it easier to sleep well.

When you wake up, you feel strong and ready to play.

Questions

1. When do you fall asleep?

_____

_____

2. What two parts of you does sleep help?

_____

_____

3. About how many hours do most kids need each night?

_____

_____

4. What kind of room makes it easier to sleep well?

_____

_____

5. Why might a kid feel tired if they stay up too late?

_____

_____

6. How do you feel when you wake up after a good sleep?

_____

_____

Words to know

important: something that matters a lot
brain: the part inside your head that helps you think
rest: to stop and let your body relax
quiet: with little or no sound

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Why We Sleep

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Why We Sleep

Easier · 61 words · Flesch-Kincaid grade -0.1

1. At night.
2. Your body and your brain.
3. About ten.
4. A dark, quiet room.
5. They did not sleep enough.
6. Strong and ready to play.

Triangle: Why We Sleep

This passage · 71 words · Flesch-Kincaid grade 1.1

1. You sleep at night.
2. Sleep helps your body and your brain.
3. Most kids need about ten hours.
4. A dark, quiet room helps.
5. They did not get enough sleep, and kids need a lot of sleep.
6. Strong and ready to play.

Square: Why We Sleep

Harder · 79 words · Flesch-Kincaid grade 3.8

1. At night.
2. Your body and your brain.
3. About ten hours.
4. A dark, quiet room.
5. They did not get enough sleep, and kids need plenty of it.
6. Strong and ready to play.