Name: _____ Date: _____

Why We Need Sleep

Circle group

Sleep is not just for passing the night. Your body works hard while you sleep.

Your body grows and fixes itself in your sleep. Cuts heal. Muscles rest after a busy day. Your brain sorts what you learned. That helps you remember it.

Kids from six to twelve years old need nine to twelve hours of sleep each night. A child who does not sleep enough may feel cranky. He may forget things. It may be hard to pay attention at school.

Some habits help. Go to bed at the same time each night. Turn off screens before bed. The bright light can keep your brain awake. Keep your room dark and quiet. A calm routine, like reading a book, tells your body it is time to rest.

Questions

1. What does your body do while you sleep?

_____

_____

2. How many hours of sleep do kids from six to twelve need?

_____

_____

3. What can happen if a child does not sleep enough?

_____

_____

4. Why turn off screens before bed?

_____

_____

5. Why is reading a book good at bedtime?

_____

_____

6. How does sleep help you at school?

_____

_____

Words to know

muscles: parts of the body that help you move
brain: the part of the body that thinks and remembers
cranky: grumpy and easily upset
attention: careful listening and watching
routine: the same steps you do in the same order

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 Need Sleep

Triangle group

Sleep is not just a way to pass the night. While you sleep, your body is hard at work.

Your body grows and fixes itself during sleep. Cuts heal, and muscles recover from a busy day. Your brain sorts out what you learned, which helps you remember it.

Children from six to twelve years old need about nine to twelve hours of sleep each night. A child who does not get enough sleep may feel cranky, forget things, or find it hard to pay attention at school.

Some habits make sleep easier. Go to bed at the same time each night. Turn off screens before bed, because the bright light can keep your brain awake. Keep your room dark and quiet. A calm routine, like reading a book, tells your body that it is time to rest.

Questions

1. What does your body do while you sleep?

_____

_____

2. How many hours of sleep do children from six to twelve need?

_____

_____

3. What can happen if a child does not get enough sleep?

_____

_____

4. Why should you turn off screens before bed?

_____

_____

5. Why might reading a book be a good thing to do at bedtime?

_____

_____

6. How does sleep help you at school?

_____

_____

Words to know

muscles: parts of the body that help you move
brain: the part of the body that thinks and remembers
cranky: grumpy and easily upset
attention: careful listening and watching
routine: the same steps you do in the same order

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 Need Sleep

Square group

Sleep is far more than a way to pass the night, because your body is working hard the entire time you are resting.

During sleep, your body grows and repairs itself. Cuts heal, and muscles recover from a demanding day. Meanwhile, your brain sorts through everything you learned, which helps you remember it later.

Children between six and twelve years old need roughly nine to twelve hours of sleep every night. A child who does not get enough sleep may become cranky, forget things, or struggle to pay attention at school.

Certain habits can make sleep come more easily. Go to bed at the same time each night, and turn off screens beforehand, since bright light can keep your brain awake. Keep your bedroom dark and quiet. A calm routine, such as reading a book, signals to your body that it is time to rest.

Questions

1. What does your body do during sleep?

_____

_____

2. How many hours of sleep do children between six and twelve need?

_____

_____

3. What problems can a child have without enough sleep?

_____

_____

4. Why should screens be turned off before bed?

_____

_____

5. Why might reading a book be a good bedtime habit?

_____

_____

6. How does sleep make school easier?

_____

_____

Words to know

muscles: parts of the body that help you move
brain: the part of the body that thinks and remembers
cranky: grumpy and easily upset
attention: careful listening and watching
routine: the same steps you do in the same order

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 Need Sleep

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

Circle: Why We Need Sleep

Easier · 128 words · Flesch-Kincaid grade 1.3

1. It grows and fixes itself.
2. Nine to twelve hours each night.
3. He or she may feel cranky, forget things, or have trouble paying attention.
4. The bright light can keep your brain awake.
5. A calm routine tells your body it is time to rest.
6. Your brain sorts what you learned, so you remember it and can pay attention.

Triangle: Why We Need Sleep

This passage · 137 words · Flesch-Kincaid grade 3.1

1. It grows and fixes itself.
2. About nine to twelve hours each night.
3. The child may feel cranky, forget things, or have trouble paying attention.
4. The bright light can keep your brain awake.
5. A calm routine tells your body it is time to rest.
6. Your brain sorts what you learned, so you remember it and can pay attention.

Square: Why We Need Sleep

Harder · 145 words · Flesch-Kincaid grade 5.8

1. It grows and repairs itself.
2. Roughly nine to twelve hours every night.
3. The child may become cranky, forget things, or struggle to pay attention.
4. Bright light can keep your brain awake.
5. A calm routine signals to your body that it is time to rest.
6. Your brain sorts what you learned so you remember it, and you can pay attention.