Name: _____ Date: _____

The Clock That Lives in Your Brain

Circle group

You do not wear a watch inside your body, but you do have a clock. Deep in your brain, a tiny group of cells keeps time. It runs on a cycle of about one day. This body clock tells you when to feel sleepy and when to feel awake.

The clock needs help to stay on time. Its best helper is light. When morning sun gets into your eyes, a signal tells the clock a new day has begun. In the evening, the light fades. Then your body makes more of a chemical called melatonin. Melatonin helps you feel drowsy.

Bright light at night can confuse the clock. A bright lamp or screen near bedtime says it is still day. Then sleepiness can come late.

You can help your clock. Go outside in the morning. In the evening, dim the lights and read or do something quiet. Go to bed at about the same time each night.

The body clock also explains jet lag. When a family flies far away, their clocks still tell home time. It takes a few days to catch up.

Questions

1. What does the body clock tell you?

_____

_____

2. What is the clock's best helper?

_____

_____

3. What does your body make more of in the evening?

_____

_____

4. What can a bright screen near bedtime say to your body?

_____

_____

5. Can you name one way to help your body clock?

_____

_____

6. Why do people get jet lag after a long flight?

_____

_____

Words to know

cycle: a set of events that repeats in the same order
melatonin: a chemical your body makes that helps you feel sleepy
drowsy: sleepy and slow
confuse: to make something unclear or mixed up

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: _____

The Clock That Lives in Your Brain

Triangle group

You do not own a wristwatch inside your body, but you do have a clock. Deep in your brain, a tiny group of cells keeps track of time. It works on a cycle of about one day. This body clock tells you when to feel sleepy and when to feel awake.

The clock needs help to stay on time, and its best helper is light. When morning sunshine enters your eyes, a signal tells the clock that a new day has begun. As evening comes and the light fades, your body makes more of a chemical called melatonin. Melatonin helps you feel drowsy.

Bright light at night can confuse the clock. A very bright lamp or screen close to bedtime can send the message that it is still daytime. Then sleepiness may come later than it should.

You can help your clock. Spend time outdoors in the morning. In the evening, turn down the lights and choose quiet things to do, like reading. Try to go to bed around the same time each night.

The body clock also explains jet lag. When a family flies across the world, their clocks are still set to home time. It takes a few days to catch up.

Questions

1. What does the body clock tell you?

_____

_____

2. What is the body clock's best helper?

_____

_____

3. What does your body make more of as evening comes?

_____

_____

4. What can a very bright screen near bedtime tell your body?

_____

_____

5. Can you name one way to help your body clock?

_____

_____

6. Why do people feel jet lag after a long flight to a faraway place?

_____

_____

Words to know

cycle: a set of events that repeats in the same order
melatonin: a chemical your body makes that helps you feel sleepy
drowsy: sleepy and slow
confuse: to make something unclear or mixed up

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: _____

The Clock That Lives in Your Brain

Square group

You do not carry a wristwatch inside your body, yet you do possess a clock. Deep within your brain, a tiny group of cells keeps track of time. It operates on a cycle of roughly one day. This internal clock tells you when to feel sleepy and when to feel awake.

The clock needs assistance to stay accurate, and its most important helper is light. When morning sunshine enters your eyes, a signal informs the clock that a new day has begun. As evening arrives and the light fades, your body produces more of a chemical called melatonin. Melatonin helps you feel drowsy.

Bright light at night can confuse the clock. A very bright lamp or screen close to bedtime can send the message that it is still daytime, and then sleepiness may arrive later than it should.

You can support your clock in several ways. Spend time outdoors in the morning. In the evening, turn down the lights and choose quiet activities such as reading. Try to go to bed at around the same time every night.

The body clock also explains jet lag. When a family flies across the world, their clocks are still set to home time, and it takes a few days for them to catch up.

Questions

1. What does the internal clock tell you?

_____

_____

2. What is the clock's most important helper?

_____

_____

3. What does your body produce more of as evening arrives?

_____

_____

4. What message can a very bright screen near bedtime send?

_____

_____

5. Can you name one way to support your body clock?

_____

_____

6. Why do travelers experience jet lag after flying across the world?

_____

_____

Words to know

cycle: a set of events that repeats in the same order
melatonin: a chemical your body makes that helps you feel sleepy
drowsy: sleepy and slow
confuse: to make something unclear or mixed up

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: The Clock That Lives in Your Brain

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

Circle: The Clock That Lives in Your Brain

Easier · 184 words · Flesch-Kincaid grade 2.6

1. When to feel sleepy and when to feel awake.
2. Light.
3. Melatonin.
4. That it is still day.
5. Go outside in the morning, dim the lights in the evening, or keep a steady bedtime.
6. Their body clocks still tell the time back home.

Triangle: The Clock That Lives in Your Brain

This passage · 204 words · Flesch-Kincaid grade 3.4

1. When to feel sleepy and when to feel awake.
2. Light.
3. A chemical called melatonin.
4. That it is still daytime.
5. Spend time outdoors in the morning, dim the lights in the evening, or keep a steady bedtime.
6. Their body clocks are still set to the time back home.

Square: The Clock That Lives in Your Brain

Harder · 211 words · Flesch-Kincaid grade 5.4

1. When to feel sleepy and when to feel awake.
2. Light.
3. A chemical called melatonin.
4. That it is still daytime.
5. Spend time outdoors in the morning, dim the lights in the evening, or keep a steady bedtime.
6. Their body clocks are still set to the time back home.