



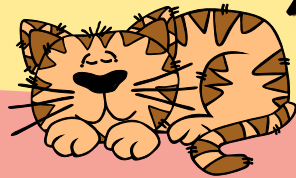
WELLBODY ACADEMY

Newspapers In Education and Pacific Science Center present lessons on

PROFESSOR WELLBODY'S ACADEMY OF HEALTH & WELLNESS

SLEEP

Now open at Pacific Science Center is the brand-new exhibit *Professor Wellbody's Academy of Health & Wellness*, where learning about healthy behavior is fun! In this four-week series, Pacific Science Center and NIE present a variety of classroom activities focusing on health and wellness themes including nutrition, fitness, sleep and hygiene. Downloadable educator guides with full-length activities are available for free at seattletimes.com/nie.



ACTIVITY

Sleep Sleuths

Students will wake up to the science of sleep in this role-playing activity as they work together to diagnose and "treat" a patient's sleep pitfalls.

MATERIALS

- Drawing paper (blank on both sides)
- Felt pens or colored pencils
- Photocopies of *Sleep Study Script* (available for download at seattletimes.com/nie)
- Pen/pencil (one per student)
- Paper (one per student)



Time:
60 minutes

DO THIS!

1. As a class, brainstorm ideas about things that help students sleep better and sleep worse. Make a chart on the board listing their contributions.
2. Ask each student to find a partner.
3. Explain that students will be enacting a pre-sleep study exchange between a sleep researcher and a sleep study patient — a high school student named Jesse. They will not be performing this exchange for the class, just reading it aloud with their partner. Have student pairs choose one person to read the part of the sleep researcher and one person to read the part of Jesse.
4. Ask the students to read the script aloud to each other. As they read the script, the students are to look for clues in Jesse's sleep hygiene (habits) and sleep environment that are affecting his ability to sleep.
5. When they are done, have student pairs work together to sketch a map of Jesse's sleep environment on one side of a sheet of drawing paper (Paper No. 1). The map should be inspired by what Jesse told the sleep researcher during his "room review."
6. On the back of their map of Jesse's room, ask students to list anything about Jesse's sleep habits that could be making it difficult for him to sleep.
7. Next, ask each pair to work together to draw an alternate room map on one side of a second sheet of drawing paper (Paper No. 2), designing a more restful sleep environment for Jesse.
8. On the back of the alternate room maps, challenge the pairs to write a **prescription** for a healthier sleep environment by listing things that Jesse could change about his habits/sleep environment to get a better night's sleep.
9. Have the student pairs share their maps with the class. If they were the sleep researcher, what would they say to Jesse and his parents? Is there anything about Jesse's habits that makes them wonder about their own sleep habits and sleep environment? What would it take for them to change?



Activity adapted from *Wellbody Academy Grades 4-6 Educator's Handbook* which was developed for Pacific Science Center by Laughing Crow Curriculum LLC.



To register for NIE, visit us at seattletimes.com/nie or call 206/652-6290.

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