

SLEEPYTIME: GOODNIGHT CHICKENS!

Focus Lesson:

Importance of bedtime routines and adequate sleep

Materials:

Interrupting Chicken by David Ezra Stein

Chart paper and markers
Paper and colored pencils

Time: 60 minutes

Afterschool Session: *Healthy Habits!*

***Common Core Standards:**

CCSS.ELA-LITERACY.RI.2.6

Identify the main purpose of a text, including what the author wants to answer, explain, or describe.

CCSS.ELA-LITERACY.SL.2.1

Participate in collaborative conversations with diverse partners about *grade 2 topics and texts* with peers and adults in small and larger groups.

Thinking Skill: Collaborative brainstorming

Objective:

Students will learn lack of sleep can negatively impact their bodies.
Students will learn about how much sleep 6-12 year old children require each night in order to maintain healthy bodies.
Students will discuss the role of bedtime routines every night.
Students will brainstorm positive habits to develop at bedtime to facilitate adequate sleep.

Physical Activity:

Today students will practice different yoga poses. See <http://teachfitclub.org/fit-trainers/sundance/> for ideas. If students are familiar with yoga, they can model and lead their favorite poses for the class.

Mindfulness Activity:

Have students sit on the floor near the front of the room. Now that we have the wiggles out, it is time to switch gears. We will be reading a book called *Interrupting Chicken*, and we want our minds to be able to focus. Using yoga cards or mindfulness activity of your choice (like belly breathing or a glitter jar), spend 1-2 minutes before transitioning to the story.

Interactive Read Aloud: *Interrupting Chicken* by David Ezra Stein

What time do you go to bed on a school night? How many of you said 7:30? 8:00? 8:30? 9:00?
Any other times that you go to bed later? Earlier?
How late do you stay up on the weekend?
What time do you get up in the morning?

Did you know that 6-12 year old children need to get 9-12 hours of sleep every night? (American Academy of Pediatrics, 2016)

Let's count together. If you go to sleep at 8:00 and get up at 7:00 that is..... count the hours together...11 hours of sleep.

BEFORE READING:

Hold up *Interrupting Chicken* by David Ezra Stein.

I want you to think about the things that you do before you go to bed. We call these bedtime routines. And I bet that you do many of the same bedtime routines every night before you go to bed. One of the important things that happens in the Chicken house before bedtime is reading a bedtime story together. How many of you read books alone or with someone before you go to bed?

Let children share with group and with each other. Pair share.

DURING READING:

Read the book. Pause for each double page spread and invite comments along the way. After reading Hansel and Gretel ask the children why they think the little red Chicken interrupted the story. Little Red interrupted again during Little Red Riding Hood. And during Chicken Little.

AFTER READING:

Ask: Why do you think Little Red kept changing the endings of the stories?

The book has an unusual twist. What happened when papa invited Little Red to read him a story?

What are your favorite parts of this story? Your favorite illustrations? Explain why. I like the very last picture where papa and Little Red fall asleep together.

Connection:

What do you think happens if you don't get enough sleep? Encourage some sharing but don't respond. We will talk about what doctors say about the importance of sleep.

When you go to sleep what does it look like?

Where are you and what is your body doing?

What happens if you don't get enough sleep?

Explicit Instruction:

Tell the children to close their eyes and pretend to sleep. Wake them up in 3-4 seconds.

The one thing animals (chickens for example!) and humans have in common is that they all need sleep to be healthy. Now let's talk about what can happen if you don't get enough sleep. Does anyone have any ideas about what might happen if you don't get enough sleep? Put all of their ideas on chart paper?

Next bring out the list from the children's doctors, pediatricians, and talk about each item simply.

A lack of sleep can make it:

- Hard to concentrate and understand what's being said.
- Hard to remember what you are learning.
- A lack of sleep can make you moody. That means that you feel and act cranky, angry or sad.
- Not getting enough sleep can make your muscles tired, meaning you might not be able to play ball as well, or cut paper, or even write well.
- You might get sick more easily without enough sleep.
- A lack of sleep means it is easier to have an accident and get hurt.

Guided Practice:

Bedtime routines help our bodies recognize that it is time to sleep so that we can be healthy.

What is one bedtime routine that many children and chickens have before bedtime?

- Reading together.

What other routines do you think are important before bed? Record answers on chart paper.

One thing I do every night before I go to bed is to brush my teeth really, really well. I like going to sleep with a clean mouth and clean teeth. Is that one of your bedtime routines? Why do you think that is an important routine?

What other routines do you have? (pick up toys in living room; grab a special blanket or stuffed toy; kiss mom and dad goodnight; fluff up pillow; drink a glass of water; wash face and hands; read for 20 minutes)

Put all of their ideas on chart paper as you let children share and talk about them.

Independent Practice:

In your journal today I'd like you to write about your own bedtime routines. Think about what you do before bedtime. Do you read a book in a chair or you own bed? Does someone tuck you in after you brush your teeth? You can illustrate each routine with a thumbnail sketch. Remember it's called a thumbnail sketch because it is a tiny picture

Reflection – Group Share:

For tonight be thinking about your own bedtime routines and how much sleep you get. Also begin to think about what happens to you when you don't get enough sleep.

F.I.T. Club Afterschool Healthy Habits: Summary Activity:

Review briefly with students what they have learned over the 6 sessions. We learned about the importance of balanced nutrition, physical activity (in various forms such as play and sports), limiting screen time, and developing regular bedtime routines in order to get the sleep our bodies need.

Divide the class into 4 groups (or by the number of instructors). Each group will act out a healthy habit/lesson (balanced nutrition and the food groups, importance of regular physical activity, limiting

screen time, and developing regular bedtime routines. If space and/or weather allows, consider taking students outside or into the gymnasium for additional space. After approximately 3-4 minutes, the groups will rotate. Instructors may want to set up timers on their phones to keep this activity running smoothly.

Ideas for each group can include the following (but feel free to be creative while also being safe):

- Food Group relay races- have students choose a food group, run a certain distance, pass a baton while naming a food correctly in that food group
- Designing a Balanced Lunchbox Simon Says (i.e. pushing a grocery cart, flipping a pizza, slicing bread, washing an apple)
- Plotting Heart Rates- revisit this lesson by having students choose a preferred activity and then checking their pulses
- Limiting Screen Time: Jimmy Jet vs Beekle- revisit this lesson by having students act out skits showing their creative sides
- Bedtimes Charades: have students act out a bedtime routine while their peers guess the activity

Reading List:

Interrupting Chicken by David Ezra Stein

American Academy of Pediatrics Supports Childhood Sleep Guidelines:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

<https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>

<http://www.clevelandclinicwellness.com/mind/HealthyKids/Pages/The-Importance-of-Sleep-for-Kids-and-Teens.aspx>

Teacher Note: