



THE A TO ZZZ'S OF SLEEP

STUDENT TARGETS

- **Skill:** I will work cooperatively with my teammates to complete the Public Service Announcement planning worksheet.
- **Cognitive:** I will identify why sleep is important for my mental and physical health.
- **Fitness:** I will stay actively engaged throughout this activity.
- **Personal & Social Responsibility:** I will use positive communication and encouraging language with my teammates.

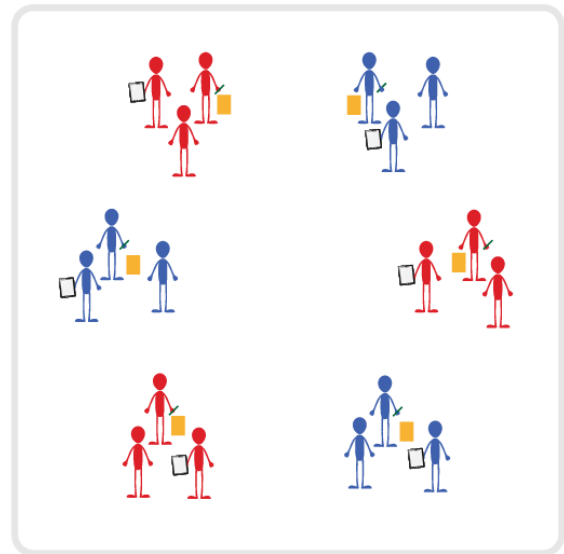
EQUIPMENT & SET-UP

Equipment:

- Public Service Announcement Planning Worksheet for each group
- Clipboard/Pencils for each group
- Technology for research (laptops, iPads, etc.)

Set-Up:

- Divide students into groups of 3-4.
- Have technology available for research by groups.
- Have each group spread out within the activity space with their clipboard, planning worksheet, and pencils.



ACTIVITY PROCEDURES

1. We are going to work together to create a Public Service Announcement (PSA) on the importance of sleep. Sleeping is a basic human need, just like breathing or eating, and is vital for our mental and physical health.
2. Your group is going to work together to plan out a PSA related to sleep. There will be four steps: 1) choose your topic; 2) determine how you will “hook” your audience; 3) research and choose your facts/statistics; and 4) script out a clear message.
3. On the start signal, each group will use the PSA planning worksheet to complete each of the 4 steps. It will be important for all group members to have input and feel heard during the planning process. There is technology available to assist with your research during the planning process as well. *Note: teachers will need to ensure all available technology allows student research from allowable sites for your school district.*

GRADE LEVEL PROGRESSION

- **Grade 6:** Play the activity as described above.
- **Grade 7:** Have students present the PSA's developed to the class.
- **Grade 8:** Have students record their PSA's and reach out to local media to try and share their message with the community.

TEACHING CUES

- **Cue 1:** Think before you write.
- **Cue 2:** Be creative!
- **Cue 3:** Use positive and supportive language during class discussion.



THE A TO ZZZ'S OF SLEEP (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Allow students to work with a partner if needed.
- **UDL 2:** Provide multiple forms of prompts and cues - kinesthetic, visual, and auditory.
- **UDL 3:** Ensure any assistive technology needed by a student is available on the day of this activity.
- **UDL 4:** Allow students to dictate responses on planning worksheet versus writing them down. Could dictate to a partner or to the teacher.

ACADEMIC LANGUAGE

Sleep, Public Service Announcement, Teamwork

PRIORITY OUTCOMES

Working with Others:

- **(6)** Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback.
- **(7)** Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.
- **(8)** Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

DEBRIEF QUESTIONS

Cognitive Question Set:

- **DOK 1:** How much sleep do you think someone your age needs?
- **DOK 2:** How do you feel the next day if you haven't gotten enough sleep the night before?
- **DOK 3:** What is an example of something that would be unsafe for someone to do if they haven't gotten enough sleep? Why would that task/activity be unsafe?

Social & Emotional Question Set:

- **DOK 1:** What does cooperation mean?
- **DOK 2:** What is an example of how your group used cooperation to complete the PSA Planning Worksheet?
- **DOK 3:** How is cooperation related to the success of your group?