

Grade 8

Distance Learning Module 5: Week of: May 11th - 15th

Grade 8 Healthy Living: *The Importance of Sleep*

Targeted Goals from Stage 1: Desired Results

Content Knowledge: Sleep is a vital, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent disease and shorten the duration of sickness.

Vocabulary: Sleep, sleep hygiene, insomnia, habits, stress hormones, priority, consistency, melatonin, sleep deprivation, screens, biological clock

Skills: Recognize the importance of sleep on both the mind and the body, identify what prevents a good night's sleep, recognize the causes of insomnia, develop good sleep hygiene habits to improve sleep

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: <ul style="list-style-type: none">• Watch the video Sleep is More Important Than We Think• Watch the video about What Causes Insomnia• Respond to Questions in Classroom	<ul style="list-style-type: none">• Sleep is More Important Than We Think Video• What Causes Insomnia• Questions in Classroom	<ul style="list-style-type: none">• I will read your responses to the questions in Classroom
Tuesday:		
Wednesday: <ul style="list-style-type: none">• Read & complete the Sleep Tips for Teens Handout• See how well you do with the	<ul style="list-style-type: none">• Sleep Tips for Teens• Interactive Bedroom for Sleep	<ul style="list-style-type: none">• I will read your response to the questions in Classroom

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Interactive Bedroom Game <ul style="list-style-type: none"> Respond to the questions in Classroom 		
Thursday:		
Friday: <ul style="list-style-type: none"> Watch the video about school start time 	<ul style="list-style-type: none"> Why Can't Schools Start Later? video 	<ul style="list-style-type: none"> Consider your opinion about school start time

Week criteria for success: Watch the videos and respond to the questions in Classroom

Supportive resources and tutorials for the week: re-watch videos as needed, email me any time, I am available 9-2 for any questions or comments