

## SLEEP RESOURCES

### Kindergarten – Grade 2

#### *Lesson Plans and Teaching Aids*

Sleep Education Plans for K-12 – Includes Lesson Plans, Activity Sheets, plus more!

<http://school.sleepeducation.com/>

#### *Videos*

Why Do We Sleep? <https://www.youtube.com/watch?v=65uAa3H3pKQ>

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### Grade 3 - 6

#### *Lesson Plans and Teaching Aids*

Healthy Heroes – Teacher’s Sleep Guide <http://www.sleephealthfoundation.org.au/pdfs/simply-healthy/teacher-manual-2014.pdf>

Teachers Guide for Lessons on Sleep for Grades 3-5

<https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf>

Sleep Education Plans for K-12 – Includes Lesson Plans, Activity Sheets, plus more!

<http://school.sleepeducation.com/>

Sleep Detective Journal <http://childandyouth.com/wp-content/uploads/2016/04/Sleep-Detective-Journal.pdf>

#### *Videos*

Why do We Sleep? <https://www.youtube.com/watch?v=ZCbCra-Mdy8>

Just How Important is Sleep <https://vimeo.com/13851962>

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## **Grade 7 – Grade 12**

### ***Lesson Plans and Teaching Aids***

Resources for Teaching Teens about the Importance of Sleep

<http://larryferlazzo.edublogs.org/2010/08/05/the-best-resources-for-helping-teens-learn-about-the-importance-of-sleep/>

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<http://school.sleepeducation.com/>

Sleep Detective Journal <http://childandyouth.com/wp-content/uploads/2016/04/Sleep-Detective-Journal.pdf>

### ***Videos***

What happens if you don't sleep? <https://www.youtube.com/watch?v=dqONk48I5vY>

Why your brain needs sleep? <https://www.youtube.com/watch?v=0o2yyO0JAes>

Sleep Why We Need it What Happens Without It <https://www.youtube.com/watch?v=pwNMvUXTgDY>

How Much Sleep Should We Get [https://www.youtube.com/watch?v=xw\\_hQD6nHmY](https://www.youtube.com/watch?v=xw_hQD6nHmY)

Sleep and Teens <https://www.youtube.com/watch?v=eaelOvmjfVQ>

25 Scary and Surprising Effects of Sleep Deprivation [https://www.youtube.com/watch?v=pbJxLITdt\\_E](https://www.youtube.com/watch?v=pbJxLITdt_E)

Just How Important is Sleep <https://vimeo.com/13851962>

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### **Parents**

Sleep Deprived Kids <https://www.youtube.com/watch?v=iBMmJfkpkYM>

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### **General**

This is what happens to your brain and body when you check your smartphone before bed

<https://www.youtube.com/watch?v=1V0rDSTC9I>

Documentary: No Sleep for a Week <https://www.youtube.com/watch?v=aFennHuTSaw>