

“Get More Sleep”

Interactive Presentation Slide Notes

Personal and Consumer Health / Grades 4-5

Slide 1



Notes:

- Introduce students to the health lesson by explaining that it's important to understand what things can get in the way of a good night's sleep.
- Use the pink arrow on the right/middle part of the screen to advance to the next slide.

Slide 2



Notes:

- This interactive slide helps students learn they need 10 to 11 hours of sleep.
- Pick a student to tap on the answer.
- Click on the pink arrow to check the answer.

Slide 3



Notes:

- Despite the need for sleep, there are many reasons why kids may not be getting enough.
- Start a discussion about what makes it hard for students to get to sleep on time.

Slide 4



Notes:

- This interactive slide invites students to identify activities or beverages and foods that may help or hurt sleep.
- Pick a student to sort the items into the two categories.
- Click on the pink arrow to check the answers.

Slide 5



Notes:

- This interactive slide invites students to identify the two biggest barriers to sleep.
- Ask students to guess what's behind the question marks.
- Pick a student to identify the reasons by tapping on them.

Slide 6



Notes:

- This slide is designed to engage students in active learning through movement. It will invite students to stand up and get some exercise.
- Click play button to start the audio/video. Click pause to stop the video.

Slide 7



Notes:

- This interactive slide invites students to identify actions that could help them get a good night's sleep.
- Pick a student to write or type answers suggested by the class.
- Possible answers include: Avoid beverages with caffeine, avoid chocolate at night, avoid sugar at night, read to get sleepy, do calm activities after dinner (wind down), stick to a consistent bed time, develop a routine (shower, brush teeth, read, etc.), start homework right after school, eat dinner earlier, look at after school schedules to do active demanding activities early, well before bedtime, think about something fun/positive when you're in bed, etc.

Slide 8



Notes:

- This slide helps students set a small health goal based on the information they learned in this presentation.