

The Inside Story - Session 3 - Sleep

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

What are some side effects of not getting enough sleep?

(tired, unhappy, angry, frustrated, distracted, poor behaviour/choices, lazy, don't want to do school work, sleepy, feeling sick, sore eyes) (open ended)

Our bodies are amazing and do special jobs while we are sleeping.

(grow, repair, store memories, improved mood, increased thinking abilities, boosted energy levels)

Kids need between 9 and 11 hours of good quality sleep per night.

What are some things that stopping or inhibiting kids from getting enough sleep?

(too much screen time, too much gaming, caffeinated drinks, too much sugar, thinking it's cool to stay up late) (open ended)

What role do the nephrons play in the kidneys?

(clean out the blood and sort out the waste)

(Each nephron includes a filter, called the glomerulus, and a tubule. The nephrons work through a two-step process: the glomerulus filters your blood, and the tubule returns needed substances to your blood and removes wastes.)