

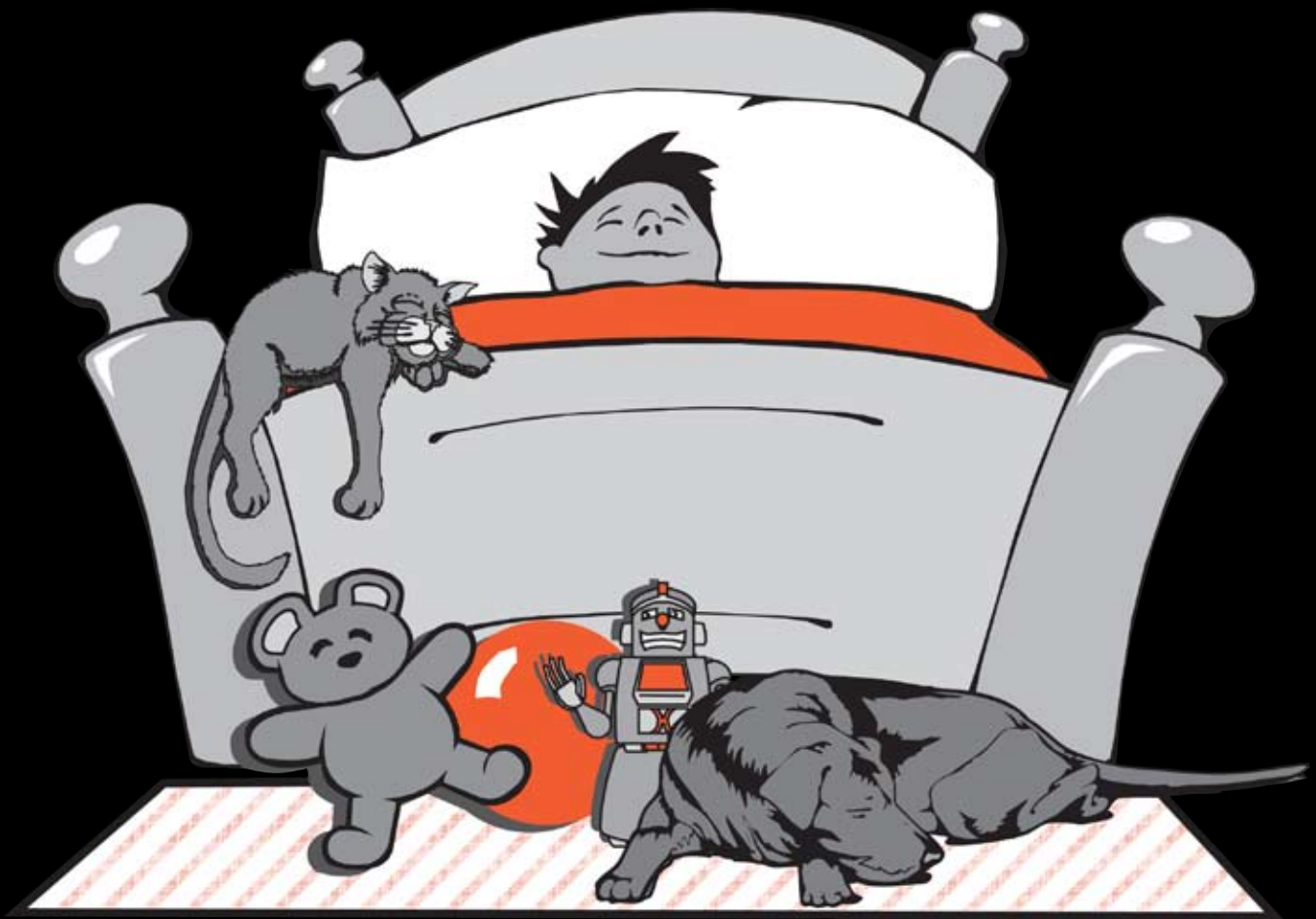
Pre-K to Grade 1

READY for U.S.*

* Understanding Science

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What happens when you sleep?
Do all animals sleep?



Do you sleep enough?

When you sleep, your body is very quiet...



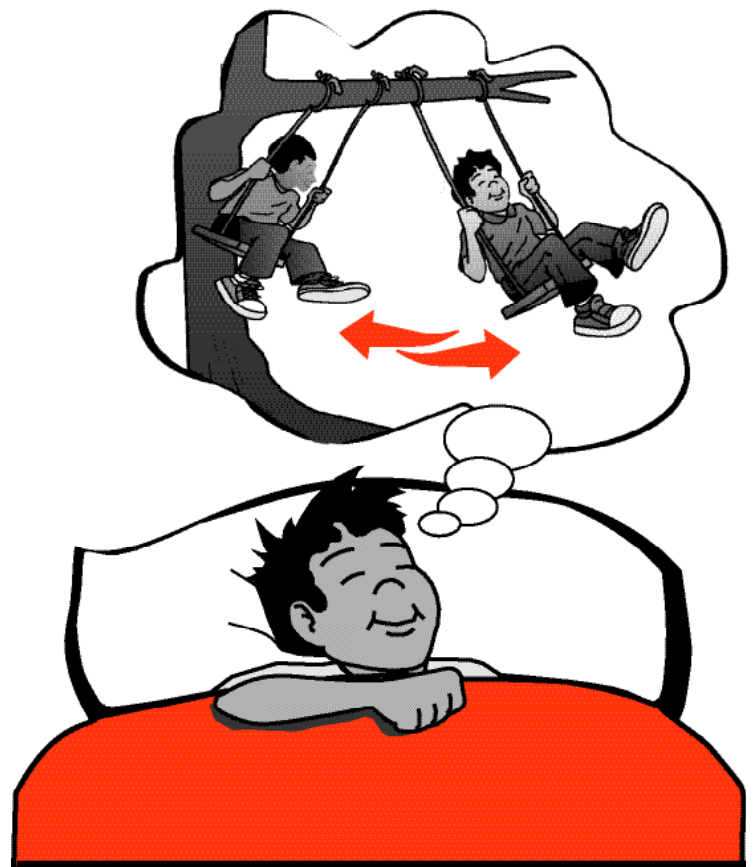
...but your brain is working hard.



You dream every night.

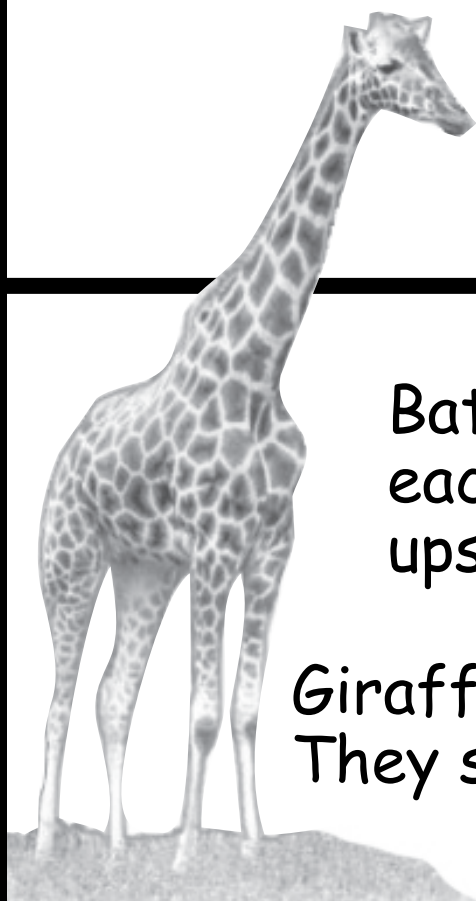


When you dream, your eyes move back and forth.



All animals sleep.

Some animals sleep a lot more than other animals.



Bats sleep 20 hours each day. They sleep upside down.



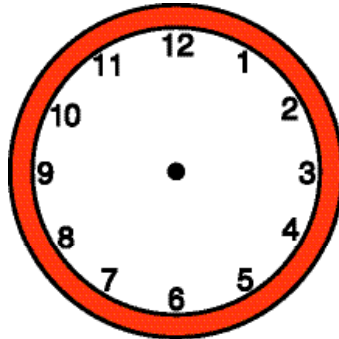
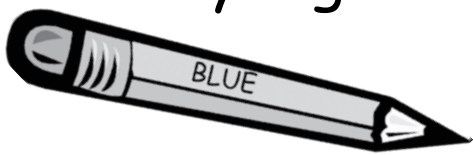
Giraffes sleep only 2 hours each day. They sleep standing up!

Usually, bigger animals sleep more than smaller animals.



Sleep Time

Children need to sleep at least 10 hours every night. How much do you sleep?



Use a blue pencil to mark the time you go to sleep.

Use a red pencil to mark the time you wake up.

Count the hours between the blue and red pencil marks to see how long you sleep!

Here are some things that help you sleep.

Bedtime at 8 PM



A dark, quiet room



Reading

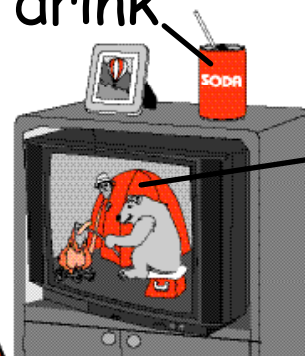
Here are some things that make it harder to sleep.

Bright light



Too late!

"Wake-up" drink



TV on

This newsletter addresses QCC Kindergarten Science Standards 12, 16, and Language Arts Standards 13 -18.

Written by Linda Logdberg.

Layout, illustrations and graphics are by Sheila Ward.

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