

BEDTIME!

VIRTUAL ACTIVITY



AGE RANGE

10–13

OVERVIEW

Sleep affects almost every cell and function of our body, including blood pressure and cardiovascular health, and even affects the development of type 2 diabetes.¹ In this activity, students will learn about the importance of sleep in maintaining health and the effects that lack of sleep can have on their overall health. They will share what they have learned with their families by creating brochures.

TIMING

25–30 minutes

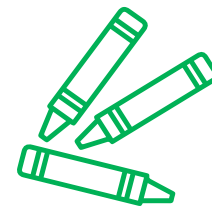
OBJECTIVES

Students will

- Understand sleep’s effect on overall health
- Understand what factors affect their sleep
- Create a sleep guide to share the importance of sleep with their families

MATERIALS NEEDED BY STUDENTS

- Pencil
- Plain white paper, 1–2 sheets
- **Guided Notes: Sleep** handout, one per student*
- **Sleep Guide** handout or editable template, one per student*



MATERIALS NEEDED BY VOLUNTEER

- Device with internet access and web camera

For more information about the Future Well Kids program, please email
ABBOTT.VOLUNTEER@ABBOTT.COM.