

Activity 7: Chapter- The Wonder Called Sleep

Activity Name	Building the Bulletin Board
Grade	VI
Skill	Organizing, Researching, Sorting, Deducing
Time	40 minutes (1 class)
Grouping of students	10 per group
Materials	Soft Board, Coloured Paper, Cut Outs, Scissors, Papers, Glue

Learning Outcomes: The students will be able to-

- build skills required for research based tasks
- increase ability for organization, collaboration and coordination

Teacher's Activity- The teacher will:

- divide the class into groups of ten
- explain the importance of sleep
- share the feedback at the end of the session

Student's Activity: The students will:

- collect data/articles about the importance of sleep (in groups)
- make a bulletin board with the data they have collected
- complete the worksheet given below (in groups)

Stages:

- Setting up (forming of groups, giving instructions- guidelines, objectives, rules, time limit): 5 minutes
- Activity: 30 minutes
- Feedback by teacher: 5 minutes

WORKSHEET

How does lack of sleep affect the human body?

Why is sleep important for the human body?

