

Your Names	Shanna Niebrugge, Stephanie Maroon, Karlie MacKenzie
Title of Lesson or Topic.	Drowsy Driving
Learning Standard/Goal. Include the National Health Education Standard with the performance indicator. <i>For example: NHES #1, 1.2.1 Identify that health behaviors can affect personal health.</i> Also include a corresponding SEL Competency if applicable.	NHES 5.12.1 - Examine barriers that can hinder healthy decision making NHES 5.12.5 - Predict the potential short-term and long-term impact of each alternative on self and others
Learning objectives of the lesson (2-3)	Students will be able to outline the dangers of drowsy driving in teens. Students will be able to identify healthy sleep patterns and make healthy conscious decisions about their mindsets when tired.
Materials/activity props needed.	Google slide/powerpoint presentation https://docs.google.com/presentation/d/1KJiqKAK0Us4eTzWqqwz1OlzryMBdy2vJg3OyIjwy2IO/edit?usp=sharing - Kahoot game: https://create.kahoot.it/share/sleep-and-drowsy-driving/c2c89349-d4f0-43df-b861-9c89b6591642
Citation of resources/references used to create the lesson.	https://aaaafoundation.org/prevalence-impact-drowsy-driving/ http://school.sleepeducation.com/6-8.aspx https://www.sleepfoundation.org/sleep-disorders https://www.sleepfoundation.org/sleep-hygiene/what-is-healthy-sleep https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html
Focusing activity/introduction. Include in presentation and write out.	Would You Rather: <ol style="list-style-type: none"> 1. Fall asleep while eating or Fall asleep while doing homework 2. Fall asleep while typing a text message or Fall asleep during a FaceTime call 3. Fall asleep on a bed of worms or Fall asleep on a bed of frogs 4. Fall asleep on a bed of nails or Fall asleep on a bed of tacks 5. Would you rather fall asleep while driving or fall asleep while riding a bike/skateboard <p>We will ask students these questions and depending which one they chose we will have them walk to different sides of the room. If they chose the first option, they will go to the left</p>

	<p>side of the room, but if they chose the second option, they will go to the right side of the room.</p>
<p>Main body of lesson. (PowerPoint can be used, if desired.) Include in presentation and write out.</p>	<ul style="list-style-type: none"> ● KWL Chart <ul style="list-style-type: none"> ○ What they already know ○ What they want to know ○ What they have learned ● Student's will fill out the KWL chart with what they already know about the topic and what they want to learn more about on the topic. ● We will then go on in the powerpoint discussing the following: <ul style="list-style-type: none"> ○ What is healthy sleep? ○ Sleep disorders ○ Signs of Drowsy Driving ○ Impacts of drowsy driving ● What is Healthy Sleep? <ul style="list-style-type: none"> ○ Stages of sleep: light sleep (stages 1 and 2), deep sleep (stage 3), & rapid eye movement (REM) ○ Recommended for teens between 8 and 10 hours of sleep ○ How to get enough sleep: <ul style="list-style-type: none"> ➢ Maintain a regular sleep schedule ➢ Avoid oversleeping on weekends ➢ Turn of tv, computers, phones before bedtime ➢ Avoid caffeine, smoking, alcohol, and drugs <ul style="list-style-type: none"> ■ Circadian Rhythm - The body's natural timing system, which tells you when you should be awake, and when you should be sleeping. ■ Sleep Debt - The difference between the number of hours you actually sleep and the number of hours you should have slept. ■ Sleep Phase Delay - The natural shift in a teenager's circadian rhythm. The need to sleep is generally delayed about two hours. ● Sleep Disorders <ul style="list-style-type: none"> ○ Affect sleep quality, timing, or duration & impacts a person's ability to properly function while awake ○ Can be symptoms for underlying mental health issues ○ More than 100 specific sleep disorders have been identified

- Most sleep disorders can be characterized by:
 - Having trouble falling or remaining asleep
 - Finding it difficult to stay awake during the day
 - Imbalances in circadian rhythm that infer with sleep schedule
 - Prone to unusual behavior that disrupt sleep
 - Depression - A condition of general emotional dejection and withdrawal; sadness greater and more prolonged than that warranted by any objective reason.
 - Insomnia - Persistent problems falling and staying asleep.
 - Narcolepsy - A rare neurological sleep disorder that can make a person fall asleep suddenly; the disorder is triggered by a physical problem or defect deep within the brain.
- Signs of drowsy Driving
 - Yawning or blinking frequently
 - Inability to keep eyes open
 - Drifting from lane to lane
 - Hitting a rumble strip
 - Missing your exit/road
 - Being too close to other cars
- Impacts of Drowsy Driving
 - Considered an “impairment”
 - Equally as bad as drunkenness while driving
 - Lack of sleep can make you less alert and affect your coordination, judgement, and reaction time while driving.
 - Drowsy Driving - Occurs when a person who is operating a motor vehicle is too tired to remain alert. As a result the driver may have slow reaction times, reduced vigilance and impaired thinking. In the worst case the driver may fall asleep behind the wheel.
- When finished with going over the powerpoint slides, we will then go into the Kahoot game.
- After the kahoot game, they will go back to their KWL chart and add what learned about drowsy driving.

Examples, Check for understanding, Guided Practice Include in written plan only.	Kahoot - https://create.kahoot.it/share/sleep-and-drowsy-driving/c2c89349-d4f0-43df-b861-9c89b6591642
What are the active learning pieces included? Include in presentation and write out.	Kahoot will be the active learning piece. Students will be required to play this fun game that reviews their vocabulary words.
How can physical activity or active learning be included (ex: group work, game, etc)? *Be sure that your lesson is not only you lecturing. Included in written plan.	When the students are playing “Would You Rather,” they will go to a side of the room depending on which answer they choose. For example, if the question is: Would you rather fall asleep while eating or fall asleep while doing homework, the students who choose fall asleep while doing homework will go to the left side of the classroom and the students who choose fall asleep while doing homework will go to the right side of the room.
Conclusion/Summary Include in presentation and write out.	Brief Overview: <ul style="list-style-type: none"> • Healthy Sleep: Stages of sleep: light sleep, deep sleep, & REM. Teens need 8-10 hours of sleep. How to get enough sleep: Maintain regular sleep schedule, don’t oversleep, no electronics, no caffeine/drugs/alcohol. • Signs of Drowsy Driving - yawning or blinking (inability to keep eyes open), drifting from lane to lane, hitting a rumble strip, Missing exit/road, being too close to other cars • Impacts of Drowsing driving - causes crashes, lack of sleep can make you less alert and affect your coordination, judgement, and reaction time while driving. • Exit Slip Question: What is one way that you can prevent yourself from getting in a drowsy driving situation?
Supplemental Materials Describe at least two supplemental materials for your lesson. This can be an informational handout, quiz, guided practice assignment, PowerPoint/Prezi, etc. One copy of each supplemental material needs to be attached to your lesson plan.	Our supplemental materials are the powerpoint and the kahoot game which was the guided practice.
Student Assessment (grade level) This should be the last part, but you will submit this part in a separate	

assignment.