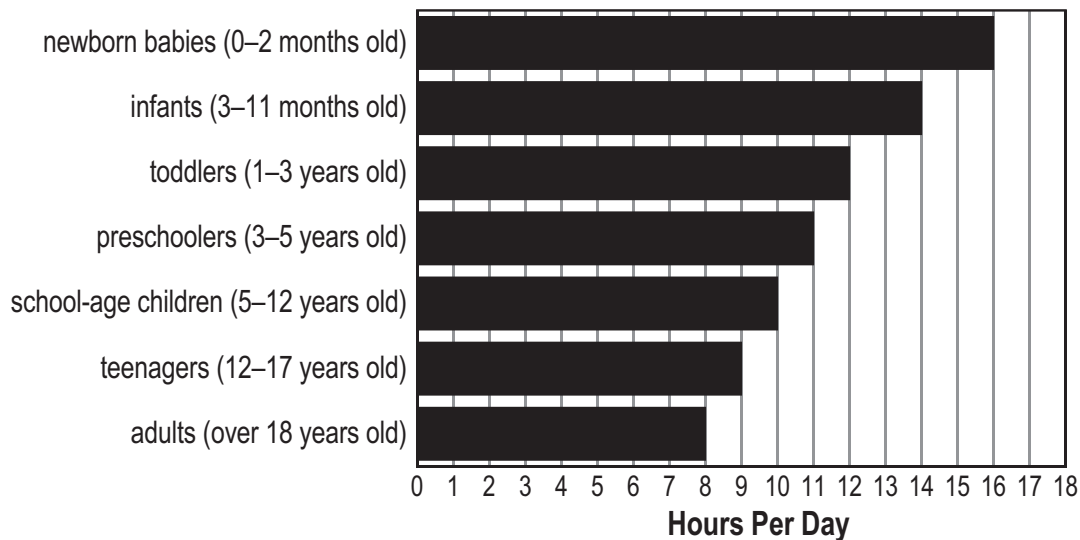


Getting Enough Sleep

Read each source of information. Then complete the activities on pages 53–55.

Source 1

How much sleep does a person need each day? It depends on the age of the person. This graph shows how many hours a person needs to sleep.



Source 2

I'm yawning. So is Dad. Mom is, too.

We are all yawning because of my new baby sister. Baby Grace is small in size, but she keeps big people from getting enough sleep. I'm seven years old. I am a big girl.

Grace cries half the night. I can't sleep. She sleeps all day. I can't play. Mom says I'm too loud. Mom says, "Be quieter, Jen. The baby is sleeping!"

Dad said he slept four hours last night. Mom slept less than that. I think I slept about seven hours. Is that enough?

The only one of us getting a lot of sleep is Grace. Mom writes down how much Grace sleeps each day. I need sleep, too! Who is writing down how much sleep I am getting?

Source 3

Baby Grace's Sleep Schedule

<u>Times Asleep</u>	<u>Hours Slept</u>
12:00 a.m. to 3:00 a.m.	3
4:00 a.m. to 7:00 a.m.	3
7:30 a.m. to 9:30 a.m.	2
12:00 p.m. to 4:00 p.m.	4
7:30 p.m. to 11:30 p.m.	4



Getting Enough Sleep *(cont.)*

Name: _____

Part 1: According to Source 1, which of these people needs more sleep? Write the correct symbol on each line. Write $>$ (greater than), $<$ (less than), or $=$ (equal to).

1. a 7-year-old _____ a 14-year-old

2. a 6-month-old _____ an infant

3. a 6-year-old _____ an infant

Part 2: Fill in the bubble next to the best answer to each question.

4. According to Source 1, how many more hours does a newborn baby need to sleep than an infant needs to sleep?

Ⓐ 1

Ⓒ 3

Ⓑ 2

Ⓓ 4

5. The third sentence of Source 2 is “Mom is, too.” What is Mom doing in that sentence?

Ⓐ yawning

Ⓑ sleeping

Ⓒ crying

Ⓓ telling Jen to be quiet

6. Who is telling the story in Source 2?

Ⓐ Grace

Ⓑ Grace’s sister

Ⓒ Grace’s mother

Ⓓ Grace’s father

Part 3: Search Source 2 of “Getting Enough Sleep” to find the following:

7. a word that means “less noisy” _____

Getting Enough Sleep *(cont.)*

Name: _____

Part 4: Use the sources to answer the following questions.

8. Based on Source 3, how many total hours did Grace sleep? _____

Is that enough sleep for a person her age? Use the information you have been given to explain your answer.

9. Look at the two boldfaced statements. Based on the information given, which one is true?

**We need more sleep
as we get older.**

**We need more sleep
when we are younger.**

Now tell why you think this might be true. (**Hint:** There are no wrong answers!)

Answer Key *(cont.)*

Part 3

7. clinging

Part 4

8. Students should circle “snail.” In Source 3, we learn that the snail is the world’s slowest animal on land. Therefore, a unit titled “The Fastest and the Slowest” should probably be about cheetahs and snails.
9. Accept appropriate responses. Students can give many differences between the two animals (speed, habitats, diet, etc.). Cheetahs and sloths are similar in that they are both perfectly suited for their habitats. Also, each have special claws that are useful for their types of living.
10. Accept appropriate responses.

Unit 11. An Ancient Puzzle (page 48)

Part 1

1. Sources 1 and 4
2. Sources 3 and 4
3. Source 3

Part 2

4. C
5. D
6. A

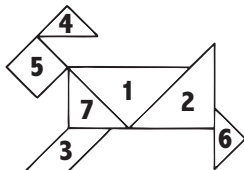
Part 3

7. China

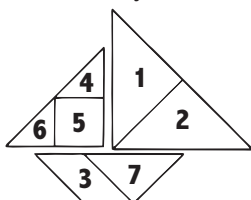
Part 4

8. Shape numbers may vary slightly.

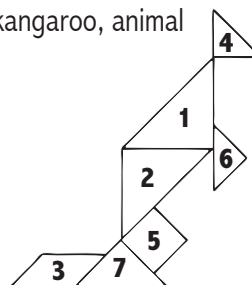
A. dog, animal



B. sailboat, object



C. kangaroo, animal



Part 5

9. Accept appropriate responses.
10. Accept appropriate attempts to form an object or animal from the seven pieces of the tangram.

Unit 12. Getting Enough Sleep (page 52)

Part 1

1. >
2. =
3. <

Part 2

4. B
5. A
6. B

Part 3

7. quieter

Part 4

8. Grace slept 16 total hours. According to the graph in Source 1, this is the amount a newborn baby should be getting.
9. Students should circle the choice, “We need more sleep when we are younger.” Accept appropriate responses as to why this may be true.
10. Accept appropriate responses.

Unit 13. The Baker’s Dozen (page 56)

Part 1

1. Source 1
2. Source 3
3. Source 1

Part 2

4. C
5. B
6. A