

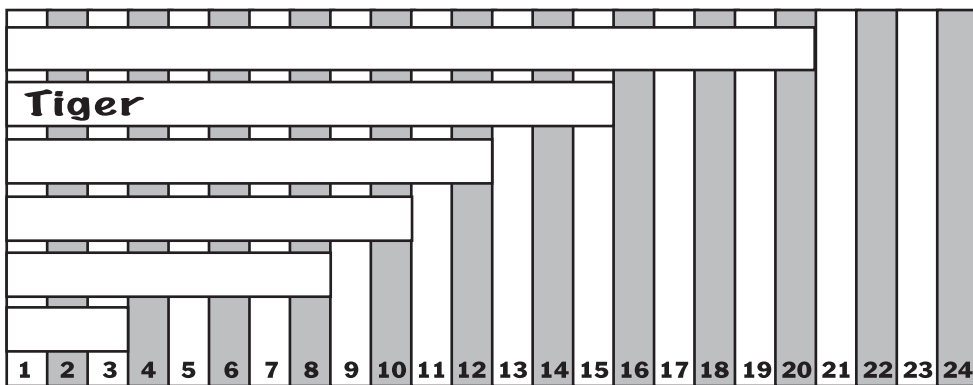
K I D S C O O P ' S M E E T Y O U R B O D Y S E R I E S

# A Good Night's Sleep

Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping!

While humans don't sleep *that* much, our sleep is just as important. Kids need 8 to 10 hours of sleep nightly.

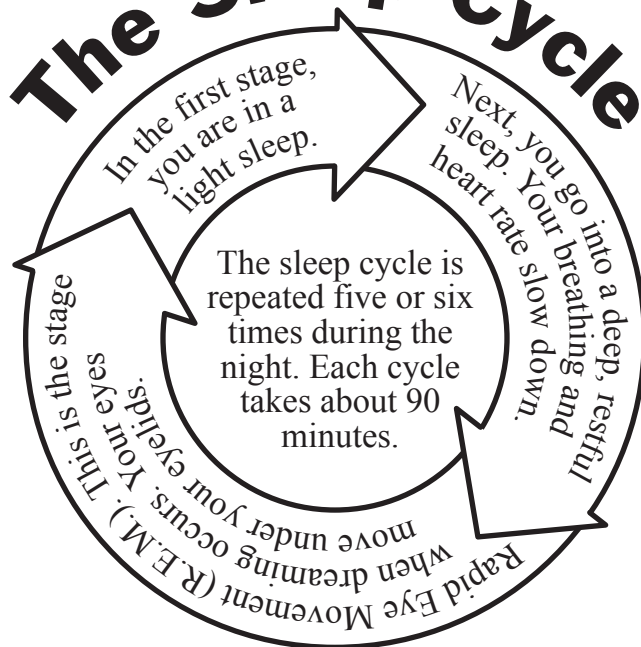
Do the math to find out how many hours of sleep each animal needs. Complete the graph.



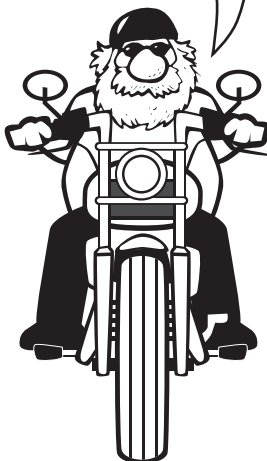
$5 + 5 + 5 = \text{Tiger}$   
 $11 + 9 = \text{Brown Bat}$

$10 - 7 = \text{Horse}$   
 $17 - 7 = \text{Chimpanzee}$   
 $2 + 4 + 2 = \text{Pig}$   
 $24 - 12 = \text{Rat}$

## The Sleep Cycle

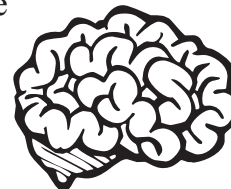


Sleep cycle? Never heard of it, man. Is it like a chopper?



### Your brain needs sleep so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and come up with new ideas



### Your body needs sleep so your:

- Muscles, bones and skin can grow
- Muscles, skin and organs can repair injuries and heal
- Body can stay healthy and fight sickness

Information for this page comes from the Sleep Foundation. Visit them at [sleepfoundation.org](http://sleepfoundation.org)

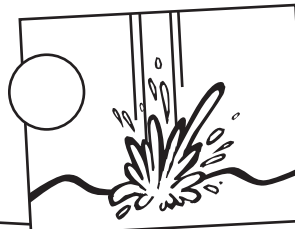
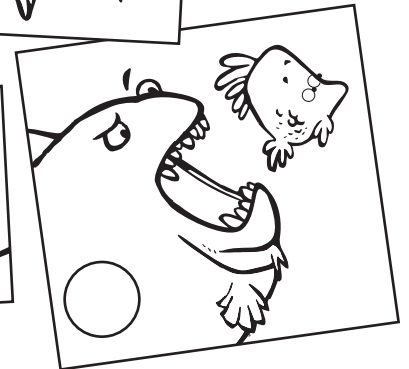
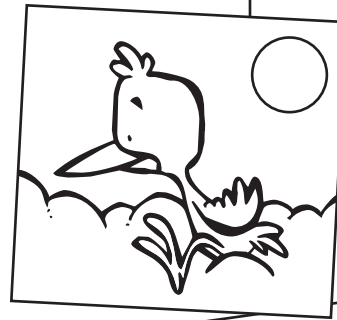
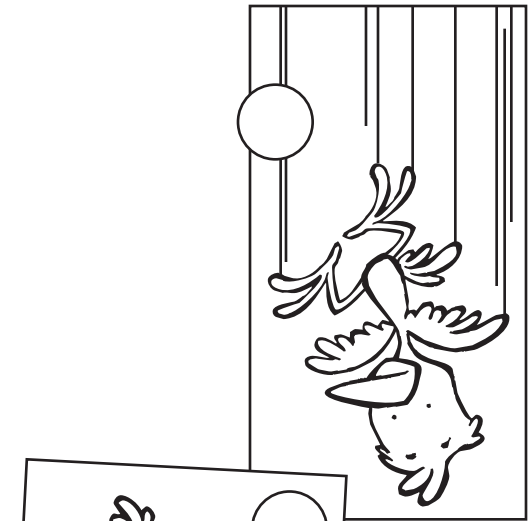
**Standards Link:** Health: Know how to maintain and promote physical health.

Name: \_\_\_\_\_

## Night and Day

Sunlight lets your brain know it is time to wake up. As day turns to night, your brain makes a chemical called **melatonin** (mel-a-TONE-in), that makes you sleepy. Bright light in the morning helps to “turn off” melatonin and wake you up.

Help Bonnie find her bear.



## Weird Dream

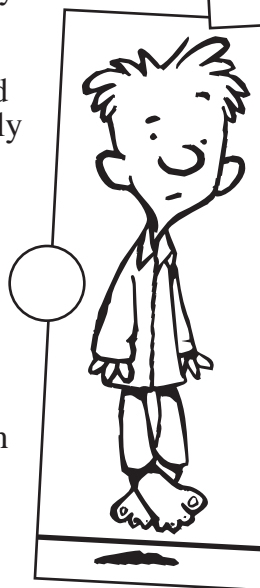
By Kevin Slumberton

Last night, I had a strange dream. I was walking to school in my pajamas but suddenly felt myself floating off the ground.

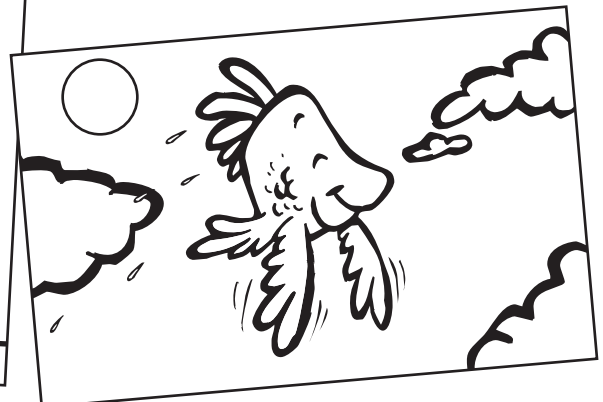
Next thing I knew, I had feathers and a beak. I was a bird! Flying was really fun but tiring. So, I sat on a cloud to rest.

I sank through the cloud and then fell through the sky. I splashed down into a pond.

I could swim really well because now I was a fish! A much bigger fish started chasing me. I jumped out of the water to escape and flew back to my room. I was a flying fish. Then my alarm went off and I woke up.



Read about Kevin's dream. Then number the pictures in order.

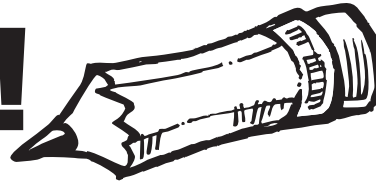


Standards Link: Health: Understand the influence of sleep. Reading Comprehension: Sort story into correct sequence.



**Kid Scoop Together:**

## Proof It!



*Are you an eagle-eyed reader? Read the articles below and correct the **ten spelling and grammar errors** you find. The first one is done for you.*

### Nightmares

awakened

Almost everyone has awakened one time or another to a skary dream in the middle of the night. Here are some things you can do if you have a knightmare:

- Talk about the dream with a parent or another adult you trust.
- Draw a pikture of the dream.
- Rite the dream as a storry with a happy ending.
- Make sure you are getted enogh sleep.
- The most important thing to remember is that weather your dream is scary, funny or weird, it isn't **real!**

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**Standards Link:** Health: Know how to maintain mental and emotional health.

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### Who's Coming to Dinner?

Imagine that you could ask your favorite athlete to come to dinner. Plan a nutritious dinner menu, using the grocery ads from the newspaper. Estimate how much you'll spend on your meal, and then use the ads to check the total cost.

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**Standards Link:** Health: Know healthy eating practices.

## Puzzler



### Catch Some Zs

Circle the Z that should come next to continue each pattern.

Z Z Z Z Z Z Z Z Z Z Z Z Z	Z Z
Z Z Z Z Z Z Z Z Z Z Z Z Z	Z Z Z
Z Z Z Z Z Z Z Z Z Z Z Z Z	Z Z
Z Z Z Z Z Z Z Z Z Z Z Z Z	Z Z
Z Z Z Z Z Z Z Z Z Z Z Z Z	Z Z

Standards Link: Mathematical Reasoning: Complete patterns.

### Kid Scoo-doku™

Complete the grid by using all the letters in the word DREAMS in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

M		D			
			D		
S					A
D	R	E	A	M	S
	A		M		
		S			

### Kid Scoop

## VOCABULARY BUILDERS

This week's word:

# CYCLE

One meaning of the noun **cycle** is a series of events that repeat in a pattern.

Spring follows winter in the **cycle** of the seasons.

Try to use the word **cycle** in a sentence today when talking with your friends and family members.





Name: \_\_\_\_\_

## Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.  
Then see how many of these words you can find in today's newspaper.

SLEEPING

MELATONIN

CHEMICAL

ENERGY

RAPID

EYELIDS

DARK

SUNLIGHT

AWAKE

CYCLE

SLOW

SOLVE

DIM

TURN

T	E	C	A	W	A	K	E	W	M
H	Y	H	H	M	I	D	N	E	R
G	E	A	Y	E	D	T	L	A	S
I	L	D	G	A	M	A	P	O	T
L	I	N	R	U	T	I	L	R	C
N	D	K	E	O	D	V	C	Y	E
U	S	A	N	M	E	S	C	A	M
S	A	I	E	W	O	L	S	Y	L
G	N	I	P	E	E	L	S	B	E

**Standards Link:** Letter sequencing. Recognized identical words.  
Skim and scan reading. Recall spelling patterns.

## WEB SITE recommendations from the Kid Scoop Librarian

### Early Learners

*sleepforkids.org*

“Hi, I’m P.J. Bear! In this website for kids, you can learn about what happens while we sleep, play fun games, and keep track of your own sleep.”

### Stages

*devilliers.wordpress.com/2007/11/10/interesting-facts-about-sleep/*

During a normal night’s sleep, there are five different stages of sleep – and each of them is quite different from the other four. Here are a few facts about sleep, which is so necessary for our health and beauty.

### Scoring

*stayathomeparents.suite101.com/article.cfm/bedtime\_rituals\_for\_kids*

From tired toddlers to punchy preteens, bedtime rituals help ease kids into a good night's sleep. Try these activities to make going to bed more enjoyable for everyone.

## BOOK recommendations

### Wynken, Blynken, and Nod

*by Eugene W. Field*

A classic lullaby poem, first published in 1889, about three fishermen who try to catch the stars in nets of silver and gold.

### The Bat-Poet

*by Randall Jarrell*

A bat who can't sleep days makes up poems about the woodland creatures he now perceives for the first time.

### We All Sleep

*by D.J. Panec*

Describes how different animals, as well as humans, are active during the day and all go to bed at night.

### All About Sleep from A to ZZZZ

*by Elaine Scott*

Learn all about sleep: what it is, how it works, and why you should care about it.



There's lots more great information for KIDS, TEACHERS and PARENTS at [www.kidscoop.com](http://www.kidscoop.com)

Discover More on Kid Scoop topics, links to kid-safe websites, interactive quiz, poll for kids, games, word searches, book and web recommendations, jokes, recipes, answers and a whole lot more.

# When emergencies happen, we've got you covered.

Whatever your family's emergency need, St. John Providence has several emergency and urgent care locations. Or, if you need a physician for ongoing medical needs, please call Health Connect at 866-501-DOCS (3627).



## 24/7 Emergency locations

**St. John Macomb-Oakland Hospital Macomb Center**  
11800 E. 12 Mile (at Hoover), Warren  
586-573-5059

**Oakland Center**  
27351 Dequindre (N. of 11 Mile)  
Madison Heights  
248-967-7660

**St. John Hospital and Medical Center**  
22101 Moross (at Mack), Detroit  
313-343-3400

**Providence Hospital**  
16001 W. 9 Mile Road (at Greenfield)  
Southfield  
248-849-3331

**Providence Park Hospital**  
47601 Grand River Ave (at Beck), Novi  
248-465-4210

**St. John Medical Center - Macomb Township**  
17700 23 Mile (at Romeo Plank)  
Macomb Twp.  
586-416-7520

**St. John River District Hospital**  
4100 River Road, East China  
810-329-5350

Please call the site for hours of operation or visit [stjohnprovidence.org](http://stjohnprovidence.org)

## Urgent Care locations

### LIVINGSTON COUNTY

**Health Urgent Care**  
30488 Milford Road, New Hudson  
248-437-4625

**Urgent Care, Brighton**  
2300 Genoa Business Park, Brighton  
810-844-0400

### MACOMB COUNTY

**St. John Medical Center-Macomb Twp.**  
17700 23 Mile Road (W. of Romeo Plank)  
Macomb Township  
586-416-7520

**St. John Medical Center - Harrison Twp.**  
25990 Crocker Blvd. (at Metro Parkway)  
Harrison Township  
586-466-5466

**St. John Medical Center - Masonic**  
21099 Masonic, St. Clair Shores  
586-296-6213

**After Hours Medical Care (adult)**  
21000 E 12 Mile Road (at Little Mack)  
St. Clair Shores  
586-447-5130

**Cornerstone Macomb Urgent Care**  
46591 Romeo Plank, Suite 133  
Macomb Township  
586-226-6161

**Eastside Pediatric Urgent Care**  
21000 E. 12 Mile Road (at Little Mack)  
Suite 105, St. Clair Shores  
586-498-3605

**St. John Medical Center - Windemere Park**  
31700 Van Dyke Ave., Warren  
586-276-8200

### OAKLAND COUNTY

**Rochester Medical Group**  
3950 S. Rochester Road, Rochester Hills  
248-844-6000

**Western Wayne Urgent Care**  
2050 N. Haggerty Road, Suite 140, Canton  
734-259-0500

**Novi Urgent Care**  
44000 W. 12 Mile, Suite 101, Novi  
248-374-3595

### ST. CLAIR COUNTY

**River District After Hours Medical Care**  
4100 River Road, East China  
810-329-5350

### WAYNE COUNTY

**Samaritan Urgent Care**  
5575 Conner (East of I-94), Detroit  
Phone: 313-924-0000

**Conner Creek Urgent Care**  
4777 E. Outer Drive (E. of Van Dyke), Detroit  
313-369-5690

**Riverview Urgent Care**  
7733 E. Jefferson, Detroit  
313-499-4000

**Woodland Urgent Care**  
22341 W. Eight Mile Road (at Lahser), Detroit  
313-387-8700

**Livonia Urgent Care**  
37595 Seven Mile Road, (at Newburgh)  
Livonia  
734-542-6100