



WHAT HAPPENS WHEN YOU SLEEP

Description of this class for parents + caregivers

When kids expand their understanding of sleep beyond routines and rest, they are often far more willing to get into bed at night! It's a topic that's revisited several times throughout our curriculum because sleep is such a critical part of health and wellness.

Some sleep facts that may be new to your child... or to you:

- [Sleep is an active biological process](#)
- It supports [growth, learning, immune strength](#).
- During sleep, the [brain undergoes cleaning](#).

This lesson explores the internal work the body does while we sleep, laying the foundation for later learning in biology and health science. Kids will come to see sleep not as "doing nothing" but as a time when their body is working in a different way behind the scenes. Sleep (or not getting enough of it) affects our moods and ability to move through the day. It builds off of the prior lesson which centers on feelings and routines, so all three topics are interconnected. This is the endless back-and-forth, the reason why understanding the health benefits of all these aspects becomes so important.

Our best advice: use playful metaphors like "brain janitor" or "night shift workers" to talk about the complex processes of sleep more relatable. Keep the tone curious and celebratory, not lecture-based or guilt-driven. As much as we adults know the value of sleep, we also know that sleep is often a battleground with kids. So have fun with this topic, recognizing that kids may need to integrate the information from lots of different sources in order to be convinced of the value of going to sleep.