

# SLEEP RIGHT, SLEEP TIGHT



American Academy of Sleep Medicine  
 Sleep Right, Sleep Tight  
 Grades 6-8 English Language Arts Common Core State Standards\*  
 and National Health Education Standards\*\*

## ENGLISH LANGUAGE ARTS

### SIXTH GRADE

### Activity 1

### Activity 2

### Activity 3

#### READING: INFORMATIONAL TEXT

##### **Craft and Structure:**

CCSS.ELA-LITERACY.RI.6.4

Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings.

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##### **Integration of Knowledge and Ideas:**

CCSS.ELA-LITERACY.RI.6.7

Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.

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#### WRITING

##### **Production and Distribution of Writing:**

CCSS.ELA-LITERACY.W.6.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

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##### **Research to Build and Present Knowledge:**

CCSS.ELA-LITERACY.W.6.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

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\*\* Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

## SPEAKING AND LISTENING (Grade 6 continued)

### Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.6.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts and issues, building on others' ideas and expressing their own clearly.

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## LANGUAGE

### Conventions of Standard English:

CCSS.ELA-LITERACY.L.6.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

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CCSS.ELA-LITERACY.L.6.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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## SEVENTH GRADE

Activity 1

Activity 2

Activity 3

## READING: INFORMATIONAL TEXT

### Craft and Structure:

CCSS.ELA-LITERACY.RI.7.4

Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings; analyze the impact of a specific word choice on meaning and tone.

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## WRITING

### Production and Distribution of Writing:

CCSS.ELA-LITERACY.W.7.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

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### Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.7.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

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## SPEAKING AND LISTENING

### Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.7.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts and issues, building on others' ideas and expressing their own clearly.

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**LANGUAGE (Grade 7 continued)****Conventions of Standard English:**CCSS.ELA-LITERACY.L.7.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

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CCSS.ELA-LITERACY.L.7.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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**EIGHTH GRADE****Activity 1****Activity 2****Activity 3****READING: INFORMATIONAL TEXT****Craft and Structure:**CCSS.ELA-LITERACY.RI.8.4

Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings; analyze the impact of a specific word choices on meaning and tone, including analogies or allusions to other texts.

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**WRITING****Production and Distribution of Writing:**CCSS.ELA-LITERACY.W.8.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

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**Research to Build and Present Knowledge:**CCSS.ELA-LITERACY.W.8.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

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**SPEAKING AND LISTENING****Comprehension and Collaboration:**CCSS.ELA-LITERACY.SL.8.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts and issues, building on others' ideas and expressing their own clearly.

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**LANGUAGE****Conventions of Standard English:**CCSS.ELA-LITERACY.L.8.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

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CCSS.ELA-LITERACY.L.8.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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**NATIONAL HEALTH EDUCATION STANDARDS\*\***

<b>Grades 6-8</b>		<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>				
1.8.1	Analyze the relationship between healthy behaviors and personal health.	√	√	√
1.8.3	Analyze how the environment affects personal health.	√	√	√
1.8.7	Describe the benefits of and barriers to practicing healthy behaviors.		√	√
<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>				
2.8.6	Analyze the influence of technology on personal and family health.	√		√
<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>				
4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.	√	√	√
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>				
5.8.6	Choose healthy alternatives over unhealthy alternatives when making a decision.	√	√	√
5.8.7	Analyze the outcomes of a health-related decision.	√	√	
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>				
6.8.1	Assess personal health practices.	√	√	√
6.8.2	Develop a goal to adopt, maintain, or improve a personal health practice.	√	√	√
6.8.3	Apply strategies and skills needed to attain a personal health goal.	√	√	√
<b>Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>				
7.8.2	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	√	√	√
7.8.3	Demonstrate behaviors to avoid or reduce health risks to self and others.	√	√	√
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</b>				
8.8.2	Demonstrate how to influence and support others to make positive health choices.	√	√	√
8.8.3	Work cooperatively to advocate for healthy individuals, families, and schools.	√	√	√

\*\* Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.