

Lesson
8

Teens, Sleep, and Downtime

New Words

ample	downtime	promotes
anemia	indicator	quest
chronic	overwhelmed	stable
	potent	

Words from Previous Lessons

- Lesson 3: aneurysm, intercept
 Lesson 4: consumption, vegetarian
 Lesson 5: pressure, pursue
 Lesson 6: majority, representative
 Lesson 7: advice, disregard, neglect

Activating Knowledge

Many teens are over-scheduled and don't even know it! That's because they've been over-scheduled since birth. Ask your students these questions to raise their awareness of how important it is to just chill.

- How many extracurricular activities are you in?
- How often does your family eat meals together?
- What time do you usually go to bed on a school night?
- What time do you get up on a school morning?
- When do you do your homework?
- How much time do you spend online and texting?
- What do you do on the weekends?
- What personal hobbies do you have (playing an organized sport does not count as a hobby)?
- Do you ever feel tired and can't seem to catch up on your sleep?
- Do you ever feel sad and wonder why?

At the risk of feeling like Father Time, tell your students that kids haven't always been so busy except if they helped on the family farm or in the family business. Families always used to eat dinner together, and there was a time when convenience foods didn't exist. (Suppress the urge to laugh at their amazement!) Tell them it's healthy to just relax every now and then.

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Article: Over-Scheduled and Overwhelmed

You want to do it all . . . sports, clubs, get good grades, hang out with friends. But, in your **quest** to not miss anything, you may be missing something big . . . **downtime**.

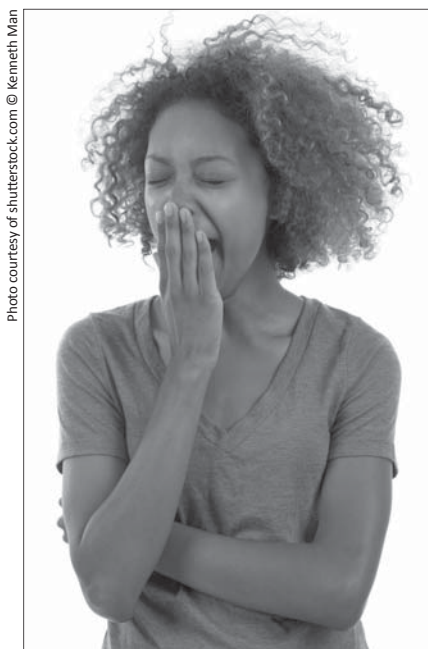


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Research shows that kids who have **ample**, tech-free downtime are healthier and more mentally **stable** than kids who are running from one activity to another. Kids who have downtime know that hobbies and activities are fun, rewarding, and fulfilling. These activities can be as varied as woodworking, volunteering, working on cars, or pursuing the arts. And don't neglect the "tech-free" part. The mere idea of being unplugged for a while probably scares you. Putting down the phone or laptop actually **promotes** creative thinking and exercise and leads to more family and friend time.

So how did we all get so **overwhelmed**? Like most things, it happened slowly. In the 1980s, many books on parenting advice were being published, and lots of people were reading them. The books said that our kids were falling behind and needed to be more active. New parents felt pressure to get their kids into organized activities. They felt their kids wouldn't succeed in society if they didn't have a lot of different skills. And things just took off from there. As a result, we think every minute of our day has to be scheduled. It's just not true.

Now that we know kids need to relax, let's talk sleep. A majority of teenagers don't get enough sleep to support their growing minds and bodies. According to the National Sleep Foundation*, teens need about 8 1/2 hours of sleep a night. Only about 15% say they sleep that much. **Chronic** sleep loss can cause inattention, headaches, stomachaches, depression, weight loss or weight gain, poor school performance, and **anemia**. That's a pretty **potent** list of poor health **indicators**. The stress caused by loss of sleep and the pressure to take part in too many activities can lead to serious health and mental problems later in life, like aneurysms and anxiety.

Before you add your name to another sign-up sheet or agree to a new club meeting, stop for moment. Picture yourself alone in your room and think about how satisfying downtime can be. Then do yourself a favor . . . grab some.

*<http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep> Retrieved 1/29/14

Announcements: New Clubs for the New Semester

Hello, fellow Marshall High students. I know some of you have complete disregard for group activities, but check out these new clubs. There are **ample** opportunities to get involved during your **downtime**. Let's hope there's more **potent** participation in our clubs than last semester's **anemic** turnouts. Here are a few things to try. —Amanda Peppers, Student Activities



Photo courtesy of shutterstock.com © Pavel L. Photo and Video

Outdoor Yoga

Are you on a **quest** for inner peace, or do you just want to get in better shape and enjoy the outdoors? The Outdoor Yoga Group (OYG) invites you to practice with them on Tuesday and Thursday afternoons. OYG will meet on the hill behind the stadium at 3:30, weather permitting.

Student Government

Come on, guys, your fellow students need you! There are three representative positions open this semester, and you don't even have to run. Just say you're interested! Keeping enough members on Student Government is a **chronic** problem we'd like to solve. Plus, we have pizza at our meetings once a month!

Healthy Eaters Club

Almost all **indicators** show that the consumption of junk food by students is out of control. The school nurse has decided to launch a Healthy Eaters Club (HEC) on campus. The goal will be to **promote** a nutritious lifestyle. Members will make new recipes, explore the benefits of a vegetarian diet, and learn how to eat healthy in restaurants. The club will dine out together once a month.

Dear Blog: I've Had It!

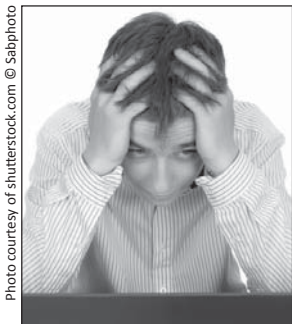


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No wonder I feel **overwhelmed**. I'm up until midnight doing homework every night so my grades will be good enough to get a college scholarship. I have three part-time jobs to pay for my car and gas. I'm also president of three clubs and secretary for another.

My friend Julia intercepted me in the hall yesterday to tell me more bad news. She said I need to pursue volunteer opportunities to beef up my college applications. Julia said her sister got rejected by her first-choice college because she didn't have any volunteer experience in the community. One thing I know is that I'm getting into my first-choice school, no matter what it takes. Well, I guess I can give up another few hours of sleep a week.

All I want is a **stable**, boring life. Maybe that's what being an adult is all about. I sure hope so.

Definitions

ample	<i>(adjective)</i>
Definition:	more than enough
Usage tip:	to describe size, scope, or capacity
Correct:	His portion from the buffet was more than ample .
Incorrect:	His portion of the raisin was more than ample .
anemia	<i>(noun); (adjective)</i>
Definition:	a deficiency of red blood cells; lacking strength and vitality
Usage tip:	when talking about a disorder that causes a lack of energy
Correct:	Anemia makes a person sluggish.
Incorrect:	Anemia makes a person energetic.
chronic	<i>(adjective)</i>
Definition:	continual
Usage tip:	to describe something long-lasting, incurable, or that causes suffering
Correct:	My roommate is a chronic complainer.
Incorrect:	My roommate is a chronic eater.
downtime	<i>(noun)</i>
Definition:	a period of idleness
Usage tip:	when talking about any leisure or non-working time
Correct:	Mom spends her downtime reading.
Incorrect:	Mom spends her downtime at work.
indicator	<i>(noun)</i>
Definition:	nonverbal messages
Usage tip:	when talking about data, trends, or information that signal change or condition
Correct:	Economic indicators reveal the economy is improving.
Incorrect:	Economic indicators reveal the children are playing Monopoly.
overwhelmed	<i>(adjective)</i>
Definition:	overcome by a feeling of helplessness or shock
Usage tip:	to describe uncontrollable happiness, sorrow, or the inability to cope
Correct:	Everyone in class was overwhelmed by the amount of reading assigned over break.
Incorrect:	We were overwhelmed when Mr. Earhart told us to read a comic book over break.
potent	<i>(adjective)</i>
Definition:	strong, effective, or influential
Usage tip:	to describe something forceful or powerful
Correct:	She provided a potent list of suggestions for reducing waste at school.
Incorrect:	She submitted a potent recipe for a peanut butter sandwich.

Word Flexibility

Complete each sentence in a group by writing in the correct word from the box.

1. **ample** amplest meager

- a. Our teacher said she gave us _____ time to finish the test, but I disagree.
- b. The municipal garage had the _____ supply of road salt in the county.
- c. I need to find a job because my _____ allowance won't even buy a burger.

2. **anemia** anemic animated

- a. His efforts at stumping on the issue were so _____, the crowd left early.
- b. Our representative took part in an _____ debate about gun control.
- c. The doctor said my _____ could be cured by more rest and a better diet.

3. **chronic** chronicle chronically

- a. The newspaper tried to _____ every important event in the city.
- b. His _____ cough is a by-product of years of smoking.
- c. Her broken alarm clock and general carelessness cause her to be _____ late.

4. **downtime** uptime two-timed

- a. Our boss doesn't let us do internet shopping during our _____.
- b. Meg was done with Tom when she found out he _____ her with Abby.
- c. Dad has been trying to find a new hobby to pursue during his _____.

5. **indicator** indicate indicates

- a. The billowing flag is a good _____ that the wind is blowing.
- b. His high fever _____ that he is seriously ill.
- c. The dirty plates on the counter _____ a party took place here last night.

Synonym/Antonym Match-Up

Draw a line from each word in the center column to its synonym and antonym match. Be careful — this is tricky, but there's one way to match everything correctly.

Synonyms		Antonyms
signal	ample	energized
devastated	anemic	ineffective
permanent	chronic	remain
strong	downtime	shortage
seek	indicator	hinders
boosts	overwhelmed	short-term
leisure	potent	unreliable
plenty	promotes	carefree
steady	quest	toil
apathetic	stable	concealer

Your Thoughts?

1. What is something — besides money — you'd like to have an **ample** amount of?
2. Who is someone you know who has an **anemic** attitude about his or her job? Why does the person feel that way?
3. What is a **chronic** problem your school faces? What solutions would you recommend?
4. What's your favorite way to spend **downtime**?
5. What are some **indicators** that a storm is coming?
6. Tell me about a time you felt **overwhelmed**. Why did you feel that way? How did you improve your situation?
7. What are some diseases that can be controlled or cured by **potent** medications?
8. What are some choices that **promote** good health and well-being?
9. If money were not an issue, what's a **quest** you would like to pursue?
10. Would you rather have **stable** relationships with the people around you or do you like disagreements and excitement? Explain.