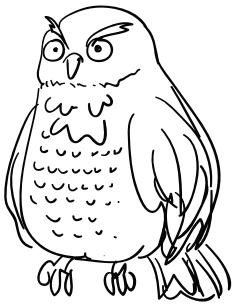
At Night

Name:

Nocturnal Animals

Nocturnal animals are active at night.

List some nocturnal animals.



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Sleeping and Dreaming Research

Ask your family and friends about sleeping and dreaming.

What time do they usually go to bed?

How long do they usually sleep?

How long does it take them to fall asleep?

Do they remember their dreams every morning?

Are their dreams in color or black and white?

How do they describe their dreams? (exciting, vivid, dull, boring, weird, interesting, nightmares)

Write about the most interesting things you found out about sleeping and dreaming.

Spelling

Circle and correct the words that are incorrect.

Every night I dreem about dogs and cats.

I like sleping in when I don't have to go to school.

My brother has forgoten his dreems before he gets out of bed.

Sometimes I have nightmars about monsters. They are very scarey.

At night I like looking at the starrs and plannets.

Number Crunchers

Justine sleeps for 8 hours five nights a week and 9 hours for the other two nights.

Lily sleeps for 9 hours five nights a week and 7 hours for the other two nights.

John sleeps for 7 hours five nights a week and 10 hours for the other two.

Who sleeps the most in a week?

Who sleeps the least in a week?

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