

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After viewing The Brain: Activity, Sleep & Boredom, answer the following questions.

1. Why is activity important for kids?

2. List some ways to get kids active.

3. What types of development does play aid in?



4. List the stages of play and their meaning.

5. How many stages of sleep are there? _____

6. In what age range do children reduce their number of naps from two to one? _____

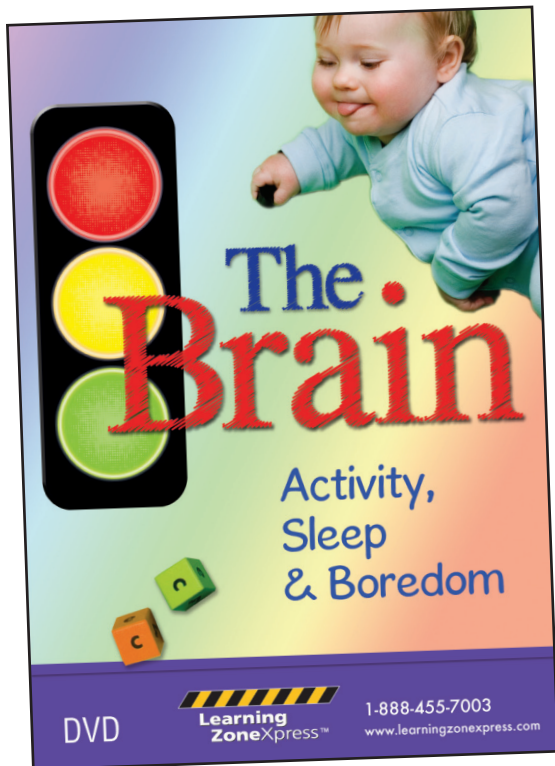
7. T or F: Day dreaming is never constructive.

8. How can you foster constructive boredom?

9. T or F: Active alpha waves mean you're thinking.

10. Complete the following sentence:

Take small _____ steps to foster constructive boredom in children.



ANSWER KEY

Review:

After viewing The Brain: Activity, Sleep & Boredom, answer the following questions.

1. Why is activity important for kids?

Answers may vary. Example: It allows oxygen to flow to a child's brain, therefore sending information faster and more efficiently.

2. List some ways to get kids active.

Answers may vary. Example: Turn off TV, go outside, play a sport, sing a song with body movements.

3. What types of development does play aid in?

a. Language development

b. Physical development

c. Emotional development

d. Social development

e. Intellectual development

4. List the stages of play and their meaning.
- a. Solitary play: child plays alone*
 - b. Spectator play: child watches other children play*
 - c. Parallel play: children play alone, but alongside one another*
 - d. Associative play: children play together, no formal organization*
 - e. Cooperative play: children play together, formal rules, leaders develop*
5. How many stages of sleep are there? **Five**
6. In what age range do children reduce their number of naps from two to one? **1-3 years old**
7. T or **F**: Day dreaming is never constructive.
8. How can you foster constructive boredom?
- a. Naps*
 - b. Quiet Time*
 - c. Car Rides*
 - d. Free Play*
9. T or **F**: Active alpha waves mean you're thinking.
10. Complete the following sentence:
Take small **incremental** steps to foster constructive boredom in children.