

Sleep Steps Answer Key

Sample Paraphrases:

1. Sleep helps the brain remember what it learns.
2. Rest allows the body to heal, grow, and stay strong.
3. Without enough sleep, people feel tired and have difficulty concentrating.
4. Having a steady bedtime helps the body follow a healthy routine.

Sample Summary: Sleep is important because it helps the brain learn, keeps the body healthy, improves focus during the day, and works best when people follow a steady sleep schedule.

Teacher's Guide

- This activity builds **paraphrasing skills** first, then transitions students into **summary writing**.
- Remind students that paraphrasing means changing the wording while keeping the same meaning.
- For differentiation, allow some students to work on only two paraphrases before attempting the full summary.
- Provide a word bank with simpler synonyms for support, such as tired for fatigued or heal for repair.
- For engagement, let students compare paraphrases and discuss how different wording can still keep the same idea.
- For extension, challenge students to write both a one sentence summary and a two sentence expanded summary.
- Emphasize that strong summaries focus on **main ideas**, not every detail.