

NAME: _____

Sleep Advocacy

DIRECTIONS: Young teens often see a lack of sleep as a badge of honor. But in this activity, you're going to use positive peer pressure to make getting a good night's sleep the sought-after alternative.

Step 1: The Message

What would you like younger teens to know about the amazing benefits of sleep?

Pick one benefit or specific idea to focus on, and brainstorm catchy or memorable ways to relay your message. (It should be no longer than a sentence or two.) Circle the one you decide to use.

Step 2: The Design

Using Canva.com, you'll pick a social media template and create a simple post or meme for your message. Print out two copies and paste one below or on the back of this worksheet.

Step 3: The Collage

Your teacher will now select a few members of the class to put together a collage of the memes. Once the poster is finished, decide as a class where to hang it—it should be somewhere the rest of the school can be inspired by it!