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| **5. REST AND HEALTH** |
| **OBJECTIVES:**  To know the importance of rest for the proper functioning of the body.  Identify personal habits that do not allow the students to rest the necessary daily time.  To know the use of digital tools to measure rest. |
| **RESOURCES:**  Article: [Los dispositivos móviles, o los ladrones de sueño adolescente](https://www.isglobal.org/healthisglobal/-/custom-blog-portlet/los-dispositivos-moviles-o-los-ladrones-de-sueno-adolescente/6001955/0)  **Activity 5:** [Rest and sleep](https://es.liveworksheets.com/mv2639432np) |
| **MAIN PART:**  We will start explaining the benefits of well sleeping: cell regeneration, maintenance of body weight, control hypertension and diabetes, takes care of the heart, improves intellectual capacity, helps coordination and improves physical performance.  Read and discuss the article that spoke about the lack of sleep of young people and teenagers due to spending time in front of screens such as phones, tv, computer or playing video games and how that affects their lives.  **Activity 5:** Students must complete the form individually  Exercise: Monitor for 15 days sleeping with the APP (Sleep Time), the first week do your habits as usual, during the second week switch off the mobile phones before dinner and switch them on after breakfast. Share with the class the feelings about: relaxation, anxiety, boredom, freedom, etc. And compare the two weeks with the APP. |
| **BONUS ACTIVITY:**  Download the APP Sleep Time and monitor sleeping for two weeks. Make a chart recording all what is happening. |