Topic of Sequence: **TIME**
Topic of Lesson: **(3) Chronobiology / Individual Lifestyle**
Healthy lifestyle, things to help you feel better, resetting the inner clock

Duration of Lesson: **50min**

Phase (mins)	Social Form	Activities/Participants	Media
INTRO (10 mins)	Presentator	Explanation of the topic to the students. A Kahoot survey to find out how do the students feel and think about their lifestyles and rhythms.	Electr. Board: PowerPoint opening dia, Kahoot
PRES (15 mins)	Presentator	Talk about how stress, diet and exercise affect your inner clock	PowerPoint
CONV (15 mins)	Pairs/Groups	Questions relating to just presented topics, and going through what the students had to answer	PowerPoint
PRES (10 mins)	Presentator	Going through the main point of the presentation: sleep How it works/should work, how to improve it, what affects it	PowerPoint, diagram of sleep

Material:

https://tampereenyhteiskoulunlukio-my.sharepoint.com/:p:/g/personal/viivi_nikunoja_edu_tyk_info/EfDj9GfoRIVLp9xySUt7wOYBEa8qu0GRAhWKjlZDCmfpQA?e=wEJSp3