

Topic of Sequence: TIME**Topic of Lesson:** (3) CHRONOBIOLOGY / INDIVIDUAL LIFESTYLE

HEALTHY LIFESTYLE, THINGS TO HELP YOU FEEL BETTER, RESETTNG 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://tampereenYTEiskoulunlukio-my.sharepoint.com/:p/g/personal/viivi_nikunoja_edu_tyk_info/EfDj9GfoRIVLp9xySut7wOYBEa8qu0GRAhWKjIZDCmfpQA?e=wEJSp3