Notable Trade Book Lesson
While You Are Sleeping
Written by Durga Bernhard

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Durga Bernhard’s While You Are Sleeping takes students on a cultural journey through nine different countries: United States of America, Nigeria, Japan, Mexico, India, Thailand, Haiti, England, and Brazil all at the same moment in time. The book was written especially for young children. The colorful illustrations and simple text make it easy to comprehend. In this lesson, students will gain an understanding of time zones and learn to navigate between them. Students will research other cultures, and compare and contrast their own schedule to that of a student in another time zone and culture.

Title of NCSS Notable Trade Book: While You Are Sleeping
By: Durga Bernhard
Ages: 5 - 8
Notable Book (2012)
Lesson takes approximately two 45-minute periods.
The lesson is designed for second grade students.
While You are Sleeping gives readers a simultaneous glimpse of what is happening in the following nine different countries: the United States, Nigeria, Japan, Mexico, India, Thailand, Haiti, England, and Brazil. The strong picture-to-text support makes it an excellent book for young children. As an exceptional resource to integrate all areas of the curriculum, this book introduces the concept of time, and encourages the reader to explore other cultures. It presents telling time and time zones in an easy to understand manner.

- People, Places, and Environments
- Culture
- Individual Development and Identity

Materials:
- While you are sleeping
- Clocks
- Assortment of maps
- Several sizes of paper plates
- Brads
- Flashlight
- Inflatable globe
- Sentence strips
Objectives:

- Stickers
- Paper, pencils, markers, crayons, pens

1. Students will explain that we have time zones.
2. Students will compare and contrast another culture from the book with their own.
3. Students will distinguish the varying time zones.
Procedures:
Exploration/Introduction:
1. Encourage students to explore maps and clocks. Give them time just to
2. Ask, “What time is it?” “Is it that time everywhere?” Using the time zone
map in the book or an enlarged copy, find another country on the map. Ask
“What time is it there?” Use sticky notes to record the times. Ask about
several different places. “What do you notice?” Record ideas.

Assessment: Use the sticky notes and ideas to check for prior
knowledge.
1. Read While You are Sleeping.
2. Read again, discussing the different time zones and cultures.
3. Show the following video: Day and Night Explanation, Causes Science for
Kids (the URL appears below in resources).

Development:
4. Using a flashlight to represent the sun and an inflatable globe with stickers
indicating the location of countries mentioned in the book, have students
recreate the earth’s rotation on its axis (day and night) and how it revolves
around the sun (seasons) as it was featured in the video.
5. Show the following video: Time Zones and How They Work (the URL
appears below in resources)
6. The students will create a time schedule of their day using a sentence strip
or several put together. The student will number the sentence strip
beginning and ending with 12 midnight (create a model for them). They
may then label and illustrate what is going on in their life during each time
period (12-6 am and 9pm-12am would probably be sleeping, 6-7:30am
dressing and breakfast, 8am-3pm school, etc.).
7. Working in small groups, students will select a country to research from
the countries listed in the book.
8. The students will create a time schedule of the day of a student in the
country they selected from the book. Time for kids has many examples to
use for a day in the life of a child from another country. (Use a sentence
strip and follow directions above).
9. These strips can be manipulated to compare what is going on at home and
in other countries by placing the strips side-by-side and moving to allow for
time differences. For example, if it is 6am here and 1pm in the other
country, the student could line those times up by moving the strips to see
what is happening in both places. This will need to be modeled. These
strips can include writing and drawings.

My Schedule
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12

_______ Schedule
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12

Students may compare their strips with other students’ strips.
Closure: Go back to the book and as a new country is mentioned in the
story, have the students that chose that country share their timelines.
Have students explain the differences in the two time zones and why
we have time zones (This is in the book).
Assessment: On a checklist record whether or not students were able
to tell about two different time zones and compare the schedules of the two students.

1. Using the information gathered from their research and sentence strip timelines, have students create two comparative clocks.
2. Using a brad clock hands and two paper plates (one large and one small) students will create a double clock.

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Midnight to noon

Noon to Midnight
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Expansion:

3. Using the strips from the previous activity, students will illustrate and label the inside clocks to indicate their own schedules. The outside circle will be labeled to indicate what
time it is in the other country and what the students in that country are doing at that time.

4. Have students share their clocks once again comparing time zones and activities in the two different countries.

Assessment:

Name

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

Student explains that we have different time zones.

Student compares his daily schedule to that of a student from another country in the book.

Student explains that we can move between time zones.

Suggested Extension Activities:

- Research other countries not included in the book. (Time for kids. URL listed below.)
- You may study grids in math in second grade. This serves as an initial lesson to latitude and longitude usually taught in about fourth grade.
- Virtual field trips to these countries. URL listed below.
- Skype or Face Time with friends around the world.
- Create math word problems for other students traveling between zones. Using the book show adding and subtracting hours.
- Write a While I was _________ book (eating lunch, doing my homework, at soccer practice, etc.)

Additional References & Web Links

*Time for kids* has many examples to use for a day in the life of a child from another country.

A Day in the Life: India | TIME For Kids.  Retrieved from:  
http://www.timeforkids.com/destination/india/day-in-life

A Day in the Life: England | TIME For Kids.  Retrieved from:  
http://www.timeforkids.com/destination/england/day-in-life

Time Zones and How They Work.  Retrieved from:  
http://www.youtube.com/watch?v=widWLhHbz

Time Zone Map.  Retrieved from:  

Kids Map and Atlas Resources.  Retrieved from:  
http://www.nationalgeographic.com/kids-world-atlas/resources.html#

Day and Night Explanation, Causes Science for Kids.  Retrieved from:  
https://www.youtube.com/watch?v=hWkKSkI3gkU

Time Zone Converter.  Retrieved from:  
http://www.timeanddate.com/worldclock/converter.html

Virtual Field Trips Explained.  Retrieved from:  
http://us.wow.com/wiki/Virtual_field_trip
Author Bios

**Lynn Kelley** is an Assistant Professor at The University of West Alabama. She spent over 30 years as a constructivist educator in the early childhood classroom. She encourages her university students to integrate the curriculum through social studies and science using notable books. Email: lkelley@uwa.edu

**Tammy Brown** is the Dean of Education at Faulkner University in Montgomery, Alabama. She taught for nine years in public schools and then seven years at the University of West Alabama. She is a strong advocate for teaching science, technology, engineering, mathematics, and social studies, especially in early childhood education.