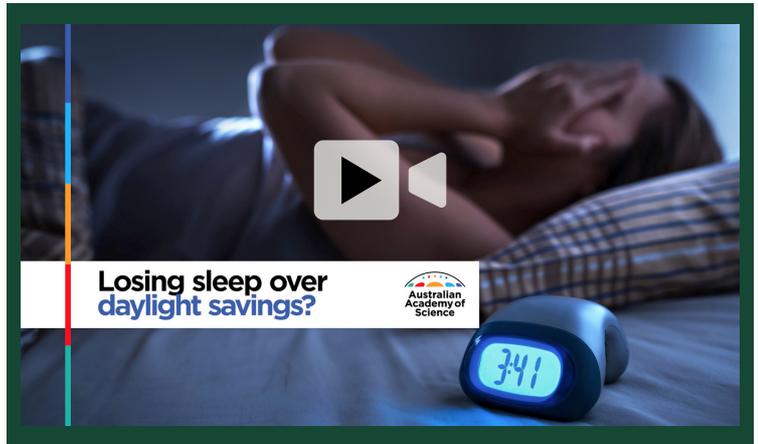


# Losing sleep over daylight savings



[science.org.au/curious/video/losing-sleep-over-daylight-savings](https://science.org.au/curious/video/losing-sleep-over-daylight-savings)

*Thinking routine*

1. Click and watch the Australian Academy of Science video above.
2. Consider the content to inform your responses to the three questions in the green icons below.
3. Record responses on page 2, *student notes*.





# Student notes





# Teacher explainer

## Connecting to real world science

### Article and thinking tool



**Audience:** Years 7-10



### Why this resource?

*Losing sleep over daylight savings* is a resource intended to support student discussions about daylight savings and how it affects our body clocks and our sleep. It provides students opportunities to consider how science and scientific thinking impact our everyday lives.

It encourages students to:

- Be curious
- Collaborate
- Develop and use critical thinking skills
- Practise communication skills

**Links to Australian Curriculum: Science (Version 8.4)** Science as a Human Endeavour (ACSHE119/134, ACSHE158/192, ACSHE157/191 Nature and development of science, ACSHE160/194, ACSHE228/230 Use and influence of science)

### Australian Academy of Science videos and articles

The video *Losing sleep over daylight savings* is produced by the Australian Academy of Science as part of a collection of [videos and topic summaries](#) relating to current science issues.

### Why use thinking routines?

To facilitate student discussion, this resource uses a specific thinking routine. A thinking routine is a set of questions or steps used to scaffold and support students to organise their ideas, reason carefully, and reflect on their thinking. The routines can be used in a range of contexts. If you are new to thinking routines or would like to explore further, check out Project Zero's [Thinking Routine Toolbox](#).



## Why this thinking routine?

See Wonder Think\*

This thinking routine invites learners to explore how daylight savings affects our body clocks and our sleep. It encourages students to make careful observations and thoughtful interpretations. It helps stimulate curiosity and sets the stage for inquiry.

## How might you use this resource?

*Losing sleep over daylight savings* can be used by students individually or in groups. Recording group responses can be collated and used to stimulate deeper discussion or re-visited later.

Having discussed the content and engaged with the routine, you may invite students to consider how they think science and thinking with a scientific perspective helps society better understand the causes and impacts of daylight savings on body clocks and sleep.

## Your context, your judgement

We suggest you watch the video in advance and consider your students' experience so that you can anticipate questions or concerns they may have.

**\*The See Wonder Think thinking routine was developed by Project Zero, a research centre at the Harvard Graduate School of Education.**