Sleep, Practice, and Learning

Grade 5 | Neuroscience | Evidence reading | Color

Learner: _____ Date: _____

Read: Sleep supports attention and memory. Spaced practice revisits a skill over time. Retrieval practice means recalling an idea without first rereading it. These habits can support learning, but no single habit guarantees a result. Use the text.

TRY IT

Complete all six prompts. You may write, point, explain aloud, or use a scribe.

1 **What can sleep support? _____**

_____

2 **What does spaced practice do? _____**

_____

3 **Define retrieval practice: _____**

_____

4 **Which habit spreads work over time? _____**

_____

5 **Does one habit guarantee a result? _____**

_____

6 **Plan one evidence-based study step: _____**

_____



Grown-up check: attention and memory; revisits a skill over time; recalls an idea without first rereading; spaced practice; no; a reasonable step using sleep, spacing, or retrieval.

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