



Performing Arts Virtual Learning

Competitive Drama

Memorization Unit: Part 6

April 14, 2020



7th and 8th Grade Competitive Drama

Lesson: April 14, 2020

Objective/Learning Target:

Th 8.1.a Memorizes lines as needed for a performance

Background

How much sleep did you get last night?

Did someone or something cause you to not sleep well?





How much sleep does the average teenager get?

- A** **5-6 hours**
- B** **6-7 hours**
- C** **7-8 hours**
- D** **8-9 hours**

**The correct
answer is**

C) 7-8 hours

**How much sleep
does a teenager
need?**

**9-9 ½ hours a
night**



[Children's Sleep Study](#)



Follow-up: Read the [article](#) on teen sleep habits and answer the following questions.



What are reasons teens are not getting enough sleep?

What are the negative effects of not getting enough sleep?



What are reasons teens are not getting enough sleep?

Shift in sleep schedule

Early school start times,

Social and school obligations

**Would you add
technology to this list?**



What are the negative effects of not getting enough sleep?

Mood, Behavior, Cognitive ability. Academic performance,

Drowsy driving.



Activity Directions & Practice

Today's memorization technique requires you to **SLEEP!**

This memorization technique is typically referred to as **Bedtime Practice.**



Bedtime Practice

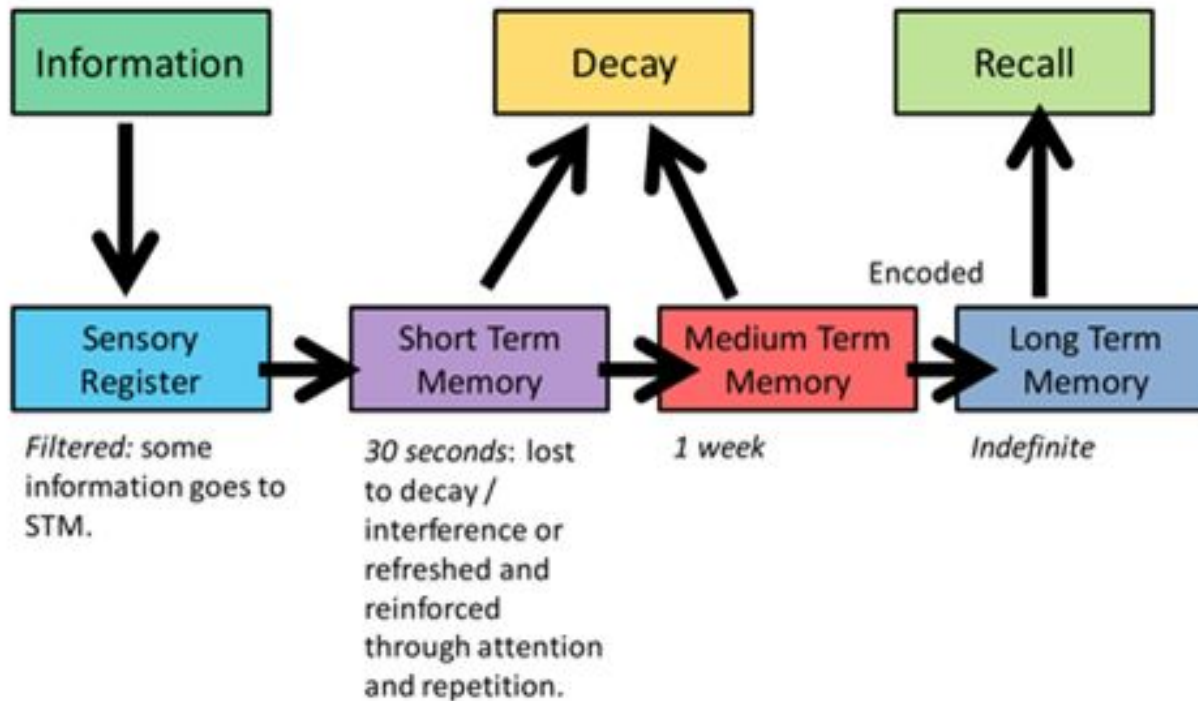
- **Research shows that information learned right before sleep is retained better**
- **Practice each night before you fall asleep for the best results**



Research Proven



How Does Memory Work?



Watch [this short video](#) on Bedtime Practice.



Time to practice

Right now, spend 5 minutes looking over lines 6-10.

Before you fall asleep tonight, you will need to practice lines 6-10 for a couple of minutes.



**You are on step 2 for memory tip #5, repetition.
Please keep the two techniques separate as you are attempting to distinguish which technique works best for you.**



Additional Resources

Would you like to know more about memory?

Check the links below.

[Head Squeeze: How Does Your Memory Work?](#)

[Working Memory TED Talk](#)

Have you ever had a

[Dory](#) moment?

