

Creating YOUR Argument

Should You Be Allowed to Nap at School?



Name: _____

Directions: Follow the steps below. Fill in the sections that require you to do so.

1. Close read your article. Highlight important information, ask questions, and add comments.
2. Fill in the “Should You Be Allowed to Nap at School?” section that appears at the end of the article. Find three pieces of evidence that support both sides of the argument.
3. After reading the article (step 1) AND looking at evidence that supports both sides (step 2), decide which side you support. Put a check mark in the box below that describes your opinion on the topic.
 - Students should be allowed to nap at school.
 - Students should not allowed to nap at school.
4. Create a claim (similar to the **point** in a PEEL+). This can be the statement that you checked off in step 3. Then add “because...” and explain your point a little more. Write it on the space provided.
For example, “**Students should be allowed to nap at school because it will keep them focused.**”

5. Look back at the section you filled out in step 2. Highlight the TWO most important pieces of evidence to support your claim. (This is the **evidence** section of your PEEL+).
6. For each piece of evidence that you highlighted in step 5, explain how that connects back to the claim you wrote in step 4 (like your **point**). Write these explanations in the space below. (This is the **explanation** section of your PEEL+).

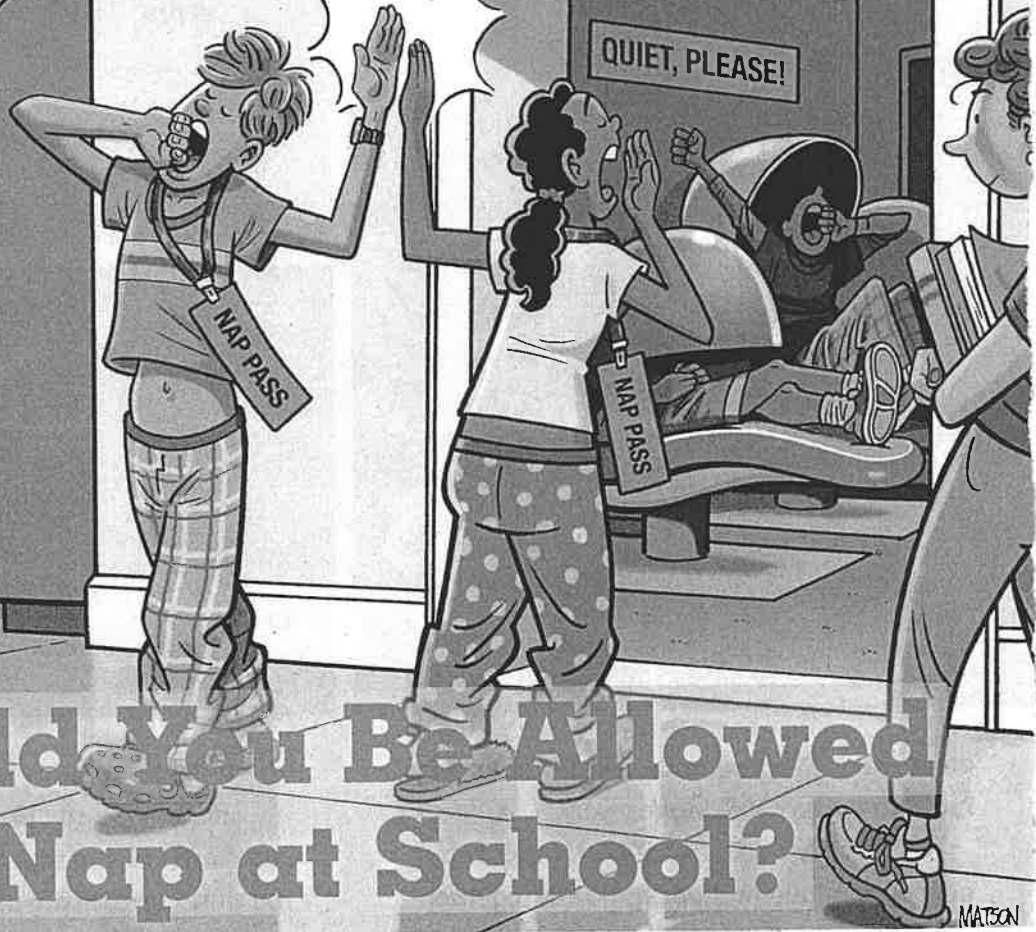
C. _____

D. _____

7. Look at the claim (or **point**) that you wrote in step 4. You need to end your argument with a final thought. Reword your claim to create a concluding sentence. (This is the **link** section of your PEEL+). Write it below.

8. Are you a reliable author of this paragraph? Are you informed? Are you **objective** (or not biased)? Explain why your reader should trust you in one sentence. Write this below.

9. Finally, go to Google Classroom. Type your completed PEEL+ argument using steps 4, 5, 6, and 7 to create a paragraph. The assignment is called “Argument Writing - PEEL+ Paragraph.”



Should You Be Allowed to Nap at School?

Some schools are adding nap rooms so sleepy students can catch up on rest. Should your school be next? BY KIM TRANELL

Noah doesn't remember his eyes closing. He doesn't remember his head hitting his desk either. But he does remember waking up to his classmates laughing—and an angry look from his teacher.

Why did Noah, 14, fall asleep in class? Like all teenagers, he needs 8 to 10 hours of sleep each night. He usually gets five or six.

Some schools are worried about sleepy students like Noah. So they're making it easier for students to snooze at school.

In New Mexico, several high schools have added nap pods that look like tiny spaceships.

At these schools, kids can ask to leave class and go rest for 20 minutes.

Should your school let you take naps too?

Sleep Matters

Doctors agree that sleep is important for your health. It helps your body grow. It also keeps you feeling happy and calm.

But getting enough sleep can feel impossible. School starts early. Activities and homework keep you up late. With such a busy schedule, how can you fit in nine hours of rest?

That's where napping during the day comes

ARTWORK BY R.J. MATSON

in. Naps can't replace a good night's sleep—but they sure can help.

Experts say that even 20 minutes of sleep can improve your mood. A quick nap can make you less likely to stress about a test or get mad at a friend.

Plus, research shows that napping can help people learn. After a nap, your brain is more alert. Your memory works better too.

Just ask Vera, 15. She's a student at Las Cruces High School in New Mexico. Like Noah, she has fallen asleep in class. But her teachers don't get angry.

Instead, they send Vera to use the school's nap pod. After a 20-minute rest, she feels calm and focused. "It renews me for the rest of the day," Vera says.



No Napping

Still, there are people who think naps at school are a terrible idea. Some teachers worry that students will miss too much class. And what if kids start using nap time to get out of quizzes or tests?

Many parents are concerned too. They say napping at school doesn't prepare you for the real world. After all, most adults can't nap on the job. They also think napping will take away the pressure you feel to get to sleep at night.

Could they be right?

Think about it. If you knew you could take a nap at school, would you *really* stop texting before midnight? •

NAP TIME A student in New Mexico uses one of her school's nap pods.

Action Activity

Should You Be Allowed to Nap at School?

GO FURTHER! FIND ACTIVITIES ONLINE

WHAT TO DO: Use evidence from the article to support each side of this debate. Write the information on the lines below.

Yes Bring on nap time!

1 _____

2 _____

3 _____

No It's a terrible idea.

1 _____

2 _____

3 _____

