

# **Your Day as a Cycle**

## **4<sup>th</sup> Grade**

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### **References:**

- 2003-04 Columbus Public Schools Science SLC Guide

### **Benchmarks:**

SLC 5: A.) Students will identify and explain events and cycles (i.e., phases of the moon, daily and seasonal orientation of the sun, life cycles of plants and animals, motion of gears etc.) and the next likely occurrences

B.) Students will create charts and graphs to show patterns over time and predict the next likely occurrences.

### **Objectives:**

Students will explore several different cycles including life cycles, the moon cycle and other sequences of events in daily life.

### **Materials:**

- Students
- Large sheets of paper

### **Initial Demonstration:**

Lots of things have cycles – the day as a cycle lesson is building upon earlier lessons that made the observation that things happen in predictable patterns and sequences. How can the day be viewed as a cycle? How is it different from other cycles we have seen?

### **Target Observations:**

- The life cycle model does not show us what an individual does during the day and if there is a pattern to daily life.

### **Target Model:**

- During the week most people's lives follow a repeated pattern from day to day.

### **Procedure:**

1. Have the students write down [as homework] what they do during the day. They should record what they do when they get home, when they eat, what they do for fun, when do they go to bed and when do they wake up, what they did in school, etc. Have them do this for 3 days.
2. The students will enjoy comparing their lives to yours.
3. At the end of three days (best to do this during the middle of the week), have the students report on what they did and make a circular diagram of a “typical” day-in-the-life.

### **Target Observations:**

- Everyday, the students slept at night
- Everyday, they went to school in the morning
- Everyday they ate at certain times of the day.
- Everyday, they watched TV after they got home from school

### **Target Revised Model:**

- Each day had a fairly predictable pattern, of getting up, eating, going to school, coming home from school, eating again, and going to sleep.

### **Summary:**

Humans tend to live cyclical lives. They go to bed at similar time, wake up at similar times and tend to do the same behaviors over and over again from day to day. This another example of a cycle.