

**6th Grade Health Education
Alternative Family Life Assignment**

Day 4

**Generation ZZZZZ
Choices Magazine
September 2017**

1. Please read the article, “Generation Zzzzzz.”
2. Next, watch the video, “What Makes You Tick - Circadian Rhythms”
3. Please complete the following papers after you read the article for credit:
 - a. Critical Thinking Questions
 - b. Quiz
4. Complete the organizer to keep your research in order for your final project.