



BUT WHY

A Learning Guide

Kindergarten to Grade 3

But Why is a podcast led by you, kids! It's a big interesting world out there. Kids all over the world send us questions, and we find the answers. We've created these learning guides to be used in a classroom setting or at home. Listen to each episode and use this guide to deepen your understanding of what you've heard.

Find more episodes at butwhykids.org.



How do we fall asleep?

BIG QUESTION: Why do people need to sleep? - Ira, 7

Draw or write about your sleep-health routine each night.

First...

Next...

Finally...

Draw or write
in the box.



Ask an expert. Who?

Find a safe source. Where?

What will you ask?

What other questions do you have about this topic? How will you find the answer?
