

## Why Do Feet Fall Asleep?

A

Do you wonder how your body knows how to move? It is because of your brain and nerves. Nerves are like a telephone between your body and brain. Your brain sends a message through the nerves to all of your body. That is how you can pick up a pencil, ride a bike, or kick a ball. Your brain sends a message to your hand, fingers, feet, and legs. Your nerves are very important. Sometimes you do not notice they are working. But you can tell when they are not working!

B

Have you ever been sitting for a long time and then when you stand up, you can't feel your foot? That is your brain telling you that you sat too long without moving. It means your brain could not send messages to your foot. So, your brain took a break. The tingling feeling is your foot waking up. Your foot starts getting the old messages. If your foot could talk, it would say "good morning!". It takes some time to go through all those messages.

C

Sometimes, when you sleep in a funny way, your feet can fall asleep. Why does that happen? It is because you have big blood vessels in your body called arteries. The arteries carry blood to your arms, legs, and head. Sometimes they can get squeezed. There is nothing to worry about. Arteries are very strong and will move blood everywhere. But if they get squeezed too much, they can make parts of your body fall asleep. This is your brain telling you to move around so that your arteries are not squeezed.

D

Next time you are sitting for too long, be sure to wiggle your feet around! Keep those messages and the blood moving through your body!

Why Do Feet Fall Asleep?

RI.3.1

1. Write three questions where the answer could be found in the text. Then find the answer to your question and color it.

1. \_\_\_\_\_

Color the answer to your question 

2. \_\_\_\_\_

Color the answer to your question 

3. \_\_\_\_\_

Color the answer to your question 

2. What happens if your arteries get squeezed too long? Why?

Complete Sentences	Cite the Evidence	Restate the Question
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RI.3.10

3. Write one WORD to summarize the following paragraphs:

B \_\_\_\_\_ C. \_\_\_\_\_

4. Underline three important words in the text.

5. Summarize why feet can fall asleep.

Complete Sentences	Cite the Evidence	Restate the Question
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RI.3.2

6. Write one WORD that describes the main idea of the text: \_\_\_\_\_

7. What are three key details in the text that support the main idea? ,

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

8. Describe HOW one of these key details supports the main idea.

\_\_\_\_\_  
 \_\_\_\_\_

3.4

9. Find the underlined word, nerves in the text. Use the context clues to explain what this word means. Circle the words in the text that are a clue to the meaning of the word.

\_\_\_\_\_  
 \_\_\_\_\_

10. Find the underlined word, arteries in the text. Use the context clues to explain what this word means. Circle the words in the text that are a clue to the meaning of the word.

\_\_\_\_\_  
 \_\_\_\_\_

RI.3.8

11. Read Paragraph C.  
 This paragraph has a cause and effect relationship.

Color the CAUSE 

Color the EFFECT 

Describe the connection between arteries and parts of your body falling asleep.

\_\_\_\_\_  
 \_\_\_\_\_