Learning About Your Body Clock

Draw what you and your pet are doing at each of these times.

Each one of us has a circadian rhythm, an internal “clock” that tells our body when to wake up, sleep, eat, and do other activities. Everyone’s circadian rhythm is a little bit different, which is why we do things at different times. When you are ready to have breakfast, someone else might still be sleeping! Draw what activities you do at each time point and compare it to someone else’s (pet, friend, family member) activities to see how different your circadian rhythm is from theirs!
12:00 PM
6:00 PM

Me

Other

Saxena Lab
9:00 PM

Me

Other

Saxena Lab
12:00 AM

Me

Other

Saxena Lab