November NEWSLETTER

9
9 HOURS OF SLEEP PER NIGHT

Tara's Tip!

SLEEP STARTS YOUR DAY OFF RIGHT!

Getting lots of sleep helps our mind and body stay healthy. When we don't get enough sleep, we are tired during the day and may not do as well in school. Try for at least 9 hours of sleep each night to feel your best in the morning!
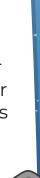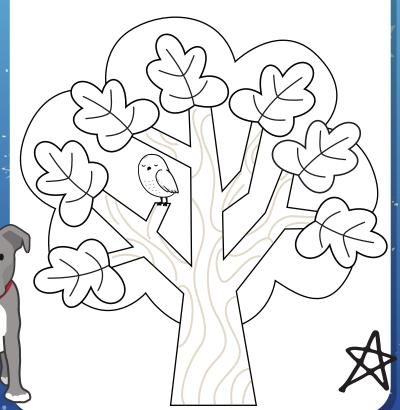
Activity

PRACTICE MINDFULNESS

Let's practice mindfulness. Can you take a minute to focus on your breathing? Thinking about how you breathe can help your body calm down when you are upset. Take a big breath for **4 seconds**, hold that breath for **2 seconds** and then let it out for **5 seconds**. Repeat this 2-3 times every time you are feeling upset or sad.

4•2•5

Be Your Best YOU!

GET TO KNOW YOUR FEELINGS

It's okay to feel your feelings! Can you color in a leaf on the tree every day with the correct color to match how you are feeling? What are some of the other feelings you had this week?

| Mad | Excited | Happy | Sad |

Fitness for Kids CHALLENGE

Can you fill in the blanks with your own bedtime routine?

On school nights, I go to bed at _____ PM and wake up at _____ AM.

Before I go to bed, I _____ _____.

Getting enough sleep at night is important because _____ _____.

When I have a good night of sleep I feel _____ _____.

WE ALL NEED SLEEP.
Can you find the list of words in the puzzle below?

RESTFUL

HEALTHY

ENERGY

RECHARGE

HAPPY

ALERT

X	I	X	Z	B	Z	M	H	Y
Y	G	R	E	N	E	S	P	K
H	E	B	T	S	U	P	W	Q
E	T	F	H	N	A	B	O	M
A	R	E	C	H	A	R	G	E
L	R	S	H	A	L	E	R	T
T	F	U	L	Q	R	S	B	R
H	T	L	B	A	H	R	P	Y
Y	F	R	E	S	T	F	U	L

Name

Grade   Teacher

Independent Health FOUNDATION

Fitness for Kids CHALLENGE