

# FEBRUARY NEWS

## CHALLENGE: 9 HOURS OF SLEEP PER NIGHT



Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

### Sleep Fun:

- Sleep is important for everyone in your family- even your pets!
- Aim for everyone in your home to get 9 hours of sleep every night for one week this month!
- Remember to wind down before you go to bed for a better night's sleep. This means you should turn off any screens at least 1 hour before bed. Try a new activity to calm your brain down, such as reading or meditation.
- Create a family bedtime routine that you follow every night. Include what time you go to bed, reading a book, brushing your teeth, etc. This will help keep you on schedule to meet your sleep goals.



**BILLY'S TIP**  
**Rev-Up Reading:** If you have reading to do (for homework or for fun) stretch before you start! Try to stretch every 20 minutes to keep the blood moving in your body!



### Recipe: BREAKFAST BANANA SPLIT

#### Ingredients:

- 1 banana, peeled and sliced
- 1 cup plain yogurt
- 1/4 cup nuts (optional)
- Fresh fruit, sliced

#### Recipe:

- Put the sliced banana on a plate.
- Scoop the yogurt on top of the bananas.
- Sprinkle the nuts on top along with the sliced fruit and serve!



**Stay Money Healthy:**  
**Save as Much as You Can.**  
Saving money is important. If you get a gift of money or make money from doing chores, try not to spend it all; instead, put it into an account in your name at a credit union where it can earn even more money, too.

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# Get Your ZZZ's



Track your sleep for one week straight and see if you can get 9 hours each night! Sleep is important for your body and brain to function the best that they can!



Use the chart below to track when you go to sleep each night and when you wake up.

Day of the Week:	Time you got in bed:	Time you woke up:	Number of Hours of sleep:
<b>Sunday</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			