# 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.

# Fitness for Kids CHALLENGE



## BILLY'S TIP Rev-Up Reading: If

you have reading to do (for homework or fun) stretch before you start! Try to stretch every 20 minutes to keep the blood moving in your body!

### **Recipe: BREAKFAST BANANA SPLIT**

### Ingredients:



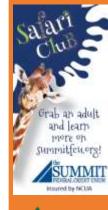
- 1 banana, peeled and sliced
- 1 cup plain yogurt
- 1/4 cup nuts (optional)
- fresh fruit, sliced

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.



Get Your ZZZ's	Fitness for Kids CHALLENGE
It is time for bed! What comes first? Number the items below from 1-5 for the order you should do them in.	
Brush your teeth	
Put on your pajamas	
Read a book	
Turn off the lights	39- 85
Go to the bathroom	
Follow these steps each night and mak sure you try to get 9 hours of sleep.	e vie

