

# 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 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.

Grab an adult and learn more on [summitfcu.org!](http://summitfcu.org)

# Get Your ZZZ's



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
- Go to the bathroom

Follow these steps each night and make sure you try to get 9 hours of sleep.

