

NOVEMBER

Tara's Tip

SLEEP STARTS YOUR DAY OFF RIGHT!

Getting enough 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. Aim for at least 9 hours of sleep each night to feel your best in the morning!



9 HOURS OF SLEEP
PER NIGHT



Activity Videos

CHECK IT OUT!

Check out our new 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!



Visit:

www.fitnessforkidschallenge.com/activityvideos

Track Yourself

COLOR IN A MOON FOR EVERY HOUR YOU SLEPT:

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

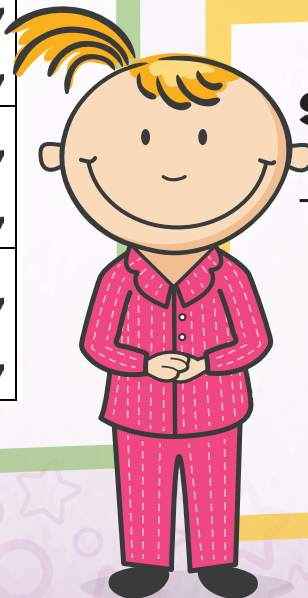


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Try This...

SET UP A BEDTIME ROUTINE!

Try to stay off screens such as phones, tablets and televisions for at least 30 minutes before bedtime.



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Challenges:

ZZZ...

**TRACE THE WORDS BELOW THAT
HAVE TO DO WITH SLEEP.**

Do you know what they mean?

sleep

dark

bed

rest

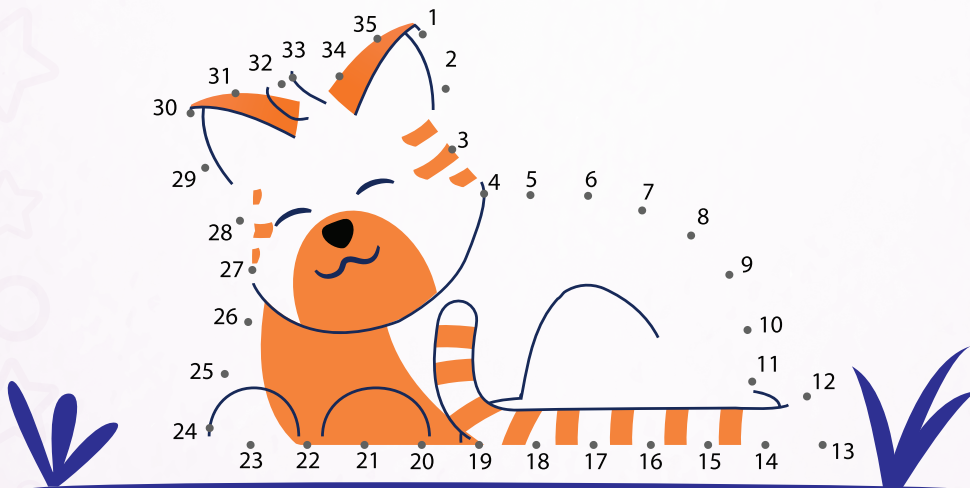
read

dream



CONNECT THE DOTS!

Animals need sleep, just like us! Connect the dots to find out what animal this is.



Name _____

Grade _____

Teacher _____

**Fitness
for Kids
CHALLENGE**

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