

HOW MANY HOURS?

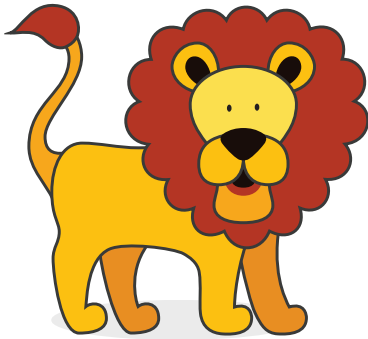
GOAL

9

Aim for 9 hours of sleep per night

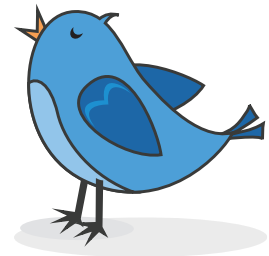
To learn more about the 9-5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: EVERYONE NEEDS TO SLEEP — FROM THE SMALLEST BIRD TO THE BIGGEST LION! How many hours of sleep do you think each of the below need? Draw a line to match them up.



LION

9-11 HOURS



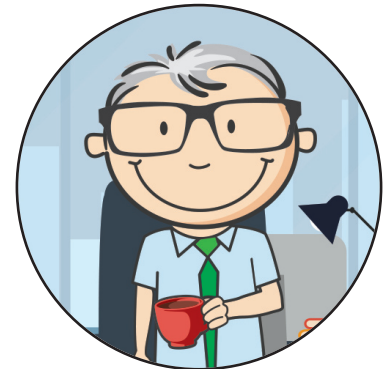
BIRD

10-12 HOURS



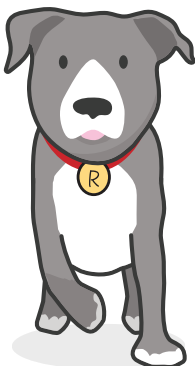
CHILD

12-14 HOURS



ADULT

7-8 HOURS



DOG

15-20 HOURS



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ANSWER KEY: Lion: 15-20 hours, Child: 9-11 hours, Dog: 12-14 hours, Bird: 10-12 hours, Adult: 7-8 hours