NOVEMBER

Billy Buffalo'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!



PER NIGHT

School Spotlight

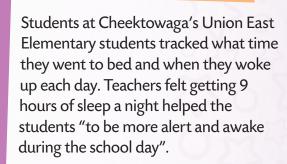
SCHOOLS HELP THEIR **STUDENTS TRACK** SLEEP...

Buffalo Public School 31–Harriet Ross Tubman School created a bulletin board to show healthy sleeping habits!



Track Yourself

COLOR IN A MOON FOR EVERY HOUR YOU SLEPT:



6		Fel	2019	iry.		
sunday	Monday	Tuesday	Wednesday	Thureday	Friday	Saturday
Play 60 Challenge- Students should aim for 9 hours of sleep each night. Name					Go to bed-	Wake up- 2 Go to bed-
3 Wake up- Go to bed-	Wake up-7:45 Go to bed-9,00				Wake up- 7; 35 Go to bed- 9, 35	
10 Wake up- 8:00 Go to bed-9:/5	Wake up- 7:00 Go to bed- 8:45	Wake up-7:42 Go to bed-9 ', 30	Wake up- 7 : 13 Go to bed- 9 ; 30	Wake up- 7:40 Go to bed-9,00	Wake up-7:3% Go to bed- 9 (00	Wake up- 10 ; 160 Go to bed- 0 : 0 0
	Wake up. 7108 Go to bed 9 (30				Wake up- →22 Go to bed- 9°,()∂	Wake up- 7, 23 Go to bed-9 °, 30
	Wake up-8*, 85 Go to bed-8*,30				Alm /	~~

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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NOVEMBER

ZZZ...

Challenge:

DRAW WHAT HELPS YOU GO TO SLEEP...

Example: Book, stuffed animal, blanket, parent...

Activity

BEDTIME YOGA ...

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Randomly pick from the deck of yoga card poses. Try holding each pose for 15 seconds. After completing all the poses repeat one more time. Try the poses you learned in class at home before you go to bed to help you sleep!

Try This...

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BEFORE YOU GO TO SLEEP...

Try to stay away from screen time an hour before bed this week. Instead, relax in new ways before bed like reading or stretching.



Name

Grade

Teacher

SHARE WITH YOUR CLASS!

For more information and activities visit: www.FitnessForKidsChallenge.com