

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!



9 HOURS OF SLEEP 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:

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

Students at Cheektowaga's Union East Elementary students tracked what time they went to bed and when they woke up each day. Teachers felt getting 9 hours of sleep a night helped the students "to be more alert and awake during the school day".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play 60 Challenge- Students should aim for 9 hours of sleep each night. Name: <u>Natalia</u>						
Wake up- 3 Go to bed- 10	Wake up- 7:45 ⁴ Go to bed- 9:00	Wake up- 7:42 ⁵ Go to bed- 9:30	Wake up- 7:55 ⁶ Go to bed- 9:58	Wake up- 7:37 ⁷ Go to bed- 8:30	Wake up- 7:35 ⁸ Go to bed- 9:30	Wake up- 9:00 ⁹ Go to bed- 10:00
Wake up- 8:20 ¹⁰ Go to bed- 9:25	Wake up- 7:10 ¹¹ Go to bed- 8:45	Wake up- 7:42 ¹² Go to bed- 9:30	Wake up- 7:53 ¹³ Go to bed- 9:30	Wake up- 7:43 ¹⁴ Go to bed- 9:00	Wake up- 7:50 ¹⁵ Go to bed- 9:30	Wake up- 10:16 ¹⁶ Go to bed- 9:00
Wake up- 7:17 ¹⁷ Go to bed- 8:00	Wake up- 7:18 ¹⁸ Go to bed- 9:30	Wake up- 7:08 ¹⁹ Go to bed- 10:00	Wake up- 8:20 ²⁰ Go to bed- 10:00	Wake up- 7:21 ²¹ Go to bed- 9:00	Wake up- 7:22 ²² Go to bed- 9:00	Wake up- 7:23 ²³ Go to bed- 9:30
Wake up- 8:20 ²⁴ Go to bed- 8:30	Wake up- 8:25 ²⁵ Go to bed- 8:30	Wake up- 7:26 ²⁶ Go to bed- 9:00	Wake up- 7:27 ²⁷ Go to bed- 9:30	Wake up- 7:28 ²⁸ Go to bed- 9:00		



NOVEMBER

Challenge:

DRAW WHAT HELPS YOU GO TO SLEEP...

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

ZZZ...

Activity

BEDTIME YOGA...

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...

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.

SHARE WITH YOUR CLASS!



Name

Grade

Teacher

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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