NOVEMBER

9 HOURS OF SLEEP PER NIGHT

Billy Buffalo's Tip
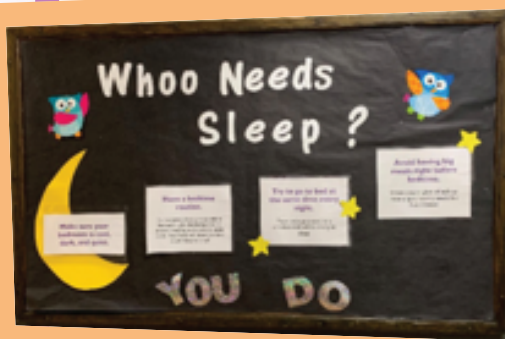
SLEEP STARTS YOUR DAY OFF RIGHT!

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!

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!

Whoo Needs Sleep?
YOU DO

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".

Track Yourself

Make a bar graph by shading in the boxes for how many hours of sleep you got each night. Try to reach 9 or more!

12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	SUN	MON	TUE	WED	THU	FRI	SAT

Did your sleep time change each night? If so, why?

_____

Fitness for Kids CHALLENGE

NOVEMBER

Challenge:

FILL IN THE ACTIVITIES ON THE IMPORTANCE OF SLEEP!

ZZZ...

Sleep is important because

_____

I should get _____ hours of sleep every night

Before bed I

_____

When I can't fall asleep I

_____

SHARE WITH YOUR CLASS!

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.

_____

Name

_____ _____

Grade   **Teacher**

Fitness for Kids CHALLENGE