

# NOVEMBER

## Billy'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

### STUDENTS LEARN THE IMPORTANCE OF SLEEP...

Wyoming Central School District's students made drawings with their favorite stuffed animals, toys, blankets, etc.



They also watched videos on the importance of sleep and resting our bodies and brain.



## 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



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

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ZZZ...

## Challenge:

### READ THE STORY AND ANSWER THE QUESTIONS ABOUT YOUR BEDTIME ROUTINE!

Tara got ready for bed. She brushed her teeth, put on her PJ's and grabbed her favorite stuffed bear. She cuddled up in her blanket and read a book until she fell asleep. She then began to dream she was a princess and lived in a beautiful castle.

What did Tara bring to bed with her?

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Do you have a bedtime routine?

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What is your favorite book to read before bed?

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What was one of your favorite dreams about?

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How do you feel when you don't get enough sleep?

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## 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](http://www.fitnessforkidschallenge.com/activityvideos)

## Try This...

### SETUP A BEDTIME ROUTINE



and challenge yourself to follow it even on the weekends.

Name

Grade

Teacher



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