

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

COLOR IN A MOON FOR EVERY HOUR YOU SLEPT:

| | |
|-------|--|
| DAY 1 | |
| DAY 2 | |
| DAY 3 | |
| DAY 4 | |
| DAY 5 | |



**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

2020-2021 | K-2

NOVEMBER

Challenge:

DRAW THE 3 THINGS YOU DO BEFORE GOING TO BED



Example: Clean up toys, brush teeth, put on pajamas, read a book, etc...

| 1 | 2 | 3 |
|---|---|---|
| | | |



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

Try This...

SETUP A BEDTIME ROUTINE



and challenge yourself to follow it even on the weekends.

Name

Grade

Teacher



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