

# NOVEMBER

## Tara'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



## 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)

## 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

## Try This...

### SET UP A BEDTIME ROUTINE!

Try to stay off screens such as phones, tablets and televisions for at least 30 minutes before bedtime.



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

2021-2022 | 3-5

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## Challenge:

### UNSCRAMBLE THE WORDS!

Using the key at the top, unscramble the words below. Write the word in the blue box. How are these words important to this month's goal?

darkness

night

blanket

sleep

gtnhi \_\_\_\_\_

tkenbal \_\_\_\_\_

adrkssen \_\_\_\_\_

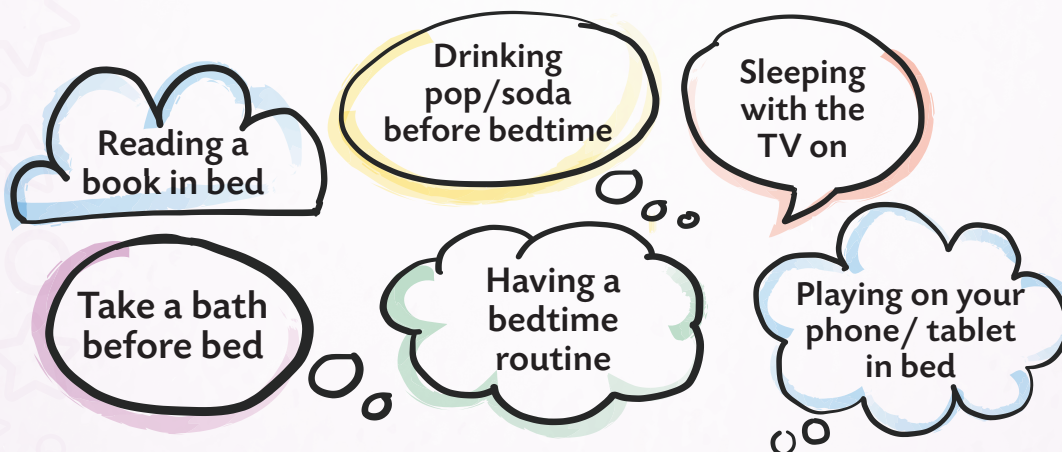
epsel \_\_\_\_\_

1. night 2. blanket 3. darkness 4. sleep



### SLEEP IS IMPORTANT FOR OUR HEALTH!

A good night of sleep should help you to feel rested and energized for the next day. Can you think of the last time you had a good night of sleep? What are some of the things you did before going to bed? Check out the ideas below and circle which ones you think help you to get a good night of sleep!



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_



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