

# NOVEMBER NEWSLETTER

## 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 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

## Activity...

### TIME TO GET UP AND STRETCH!

Try this yoga pose at least once a day during the month of November. Tree Pose - stand on one leg, bend your knee, place the bottom of your foot on your inner thigh, and balance. Sway like a tree.



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# Challenge:

## SPOT THE DIFFERENCE!

Circle the differences you find between the pictures below! Can you write about why some of the items in the bottom picture will affect a good night's sleep?

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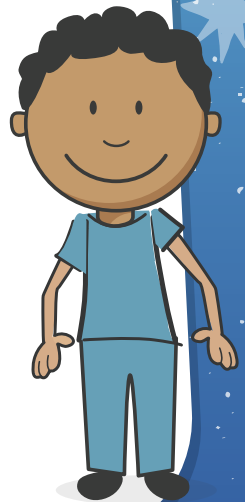
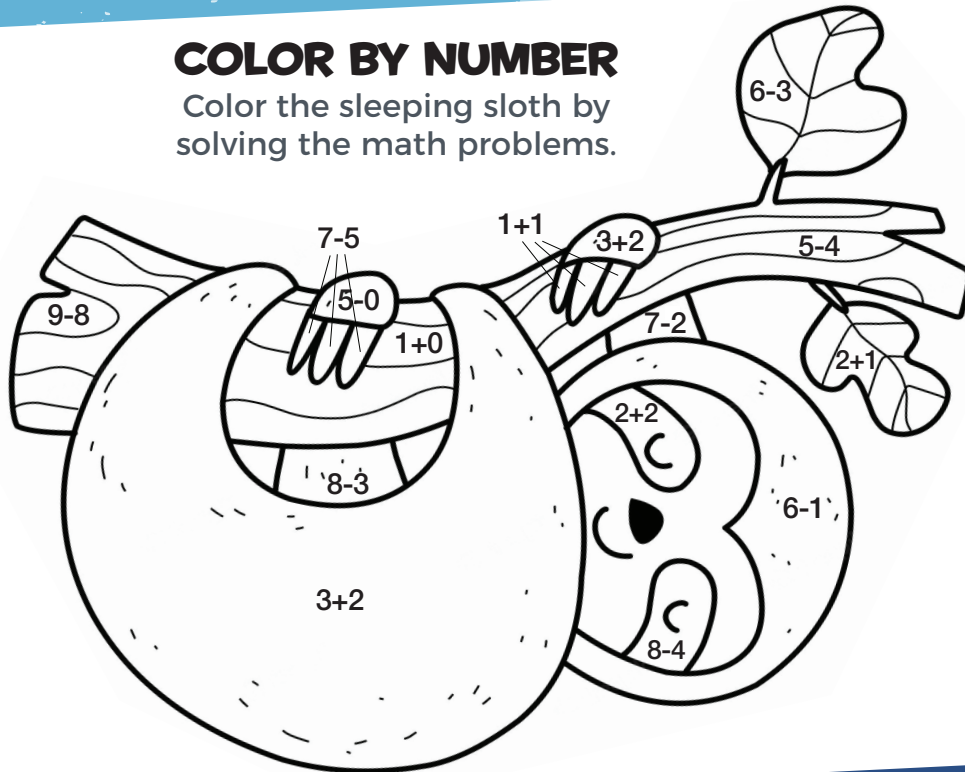
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## COLOR BY NUMBER

Color the sleeping sloth by solving the math problems.

- 1
- 2
- 3
- 4
- 5



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_



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