

# NOVEMBER NEWSLETTER

## Tara's Tip!

### SLEEP STARTS YOUR DAY OFF RIGHT!

Getting lots of 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. Try for at least 9 hours of sleep each night to feel your best in the morning!



## 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

### COLOR IN A MOON FOR EVERY HOUR YOU SLEPT:

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

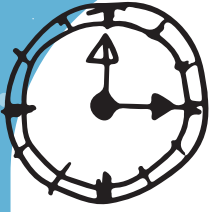
## Activity...

### 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:

## COMPLETE THE WORDS!

Write the beginning and ending sounds of each word below.  
What do each of them have to do with 9 hours of sleep?



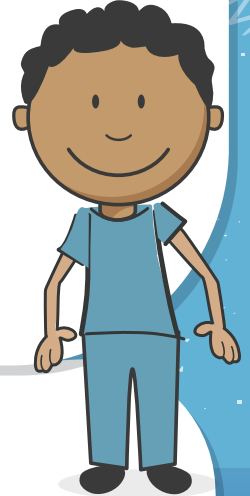
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## WE ALL NEED SLEEP.

Draw a picture of yourself sleeping in the space below.

Name

Grade

Teacher



Celebrating 30 Years

[www.independenthealthfoundation.org](http://www.independenthealthfoundation.org)



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