

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!



9 HOURS OF SLEEP PER NIGHT

Be Your Best YOU!

GET TO KNOW YOUR FEELINGS

It's okay to feel your feelings! Can you color in a leaf on the tree every day with the correct color to match how you are feeling? What are some of the other feelings you had this week?



Mad



Excited



Happy



Sad

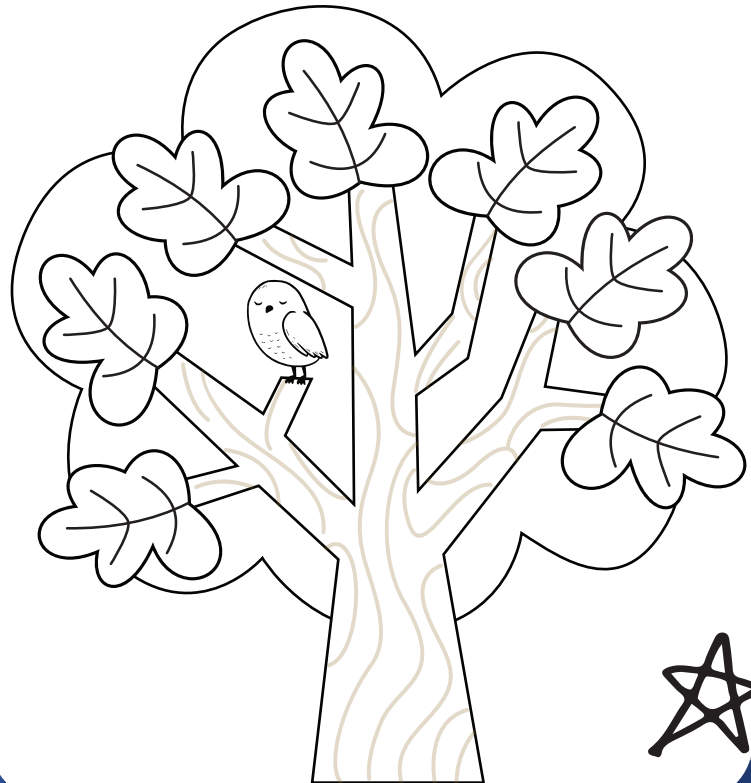
Activity

PRACTICE MINDFULNESS

Let's practice mindfulness. Can you take a minute to focus on your breathing? Thinking about how you breathe can help your body calm down when you are upset.

Take a big breath for **4 seconds**, hold that breath for **2 seconds** and then let it out for **5 seconds**. Repeat this 2-3 times every time you are feeling upset or sad.

4-2-5



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

2023-2024 | K-2

Challenge:

All of these pictures have to do with getting a good night of sleep! Tell us how many syllables each one has. Say the picture you see out loud and circle below if it has 1, 2 or 3 syllables!



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



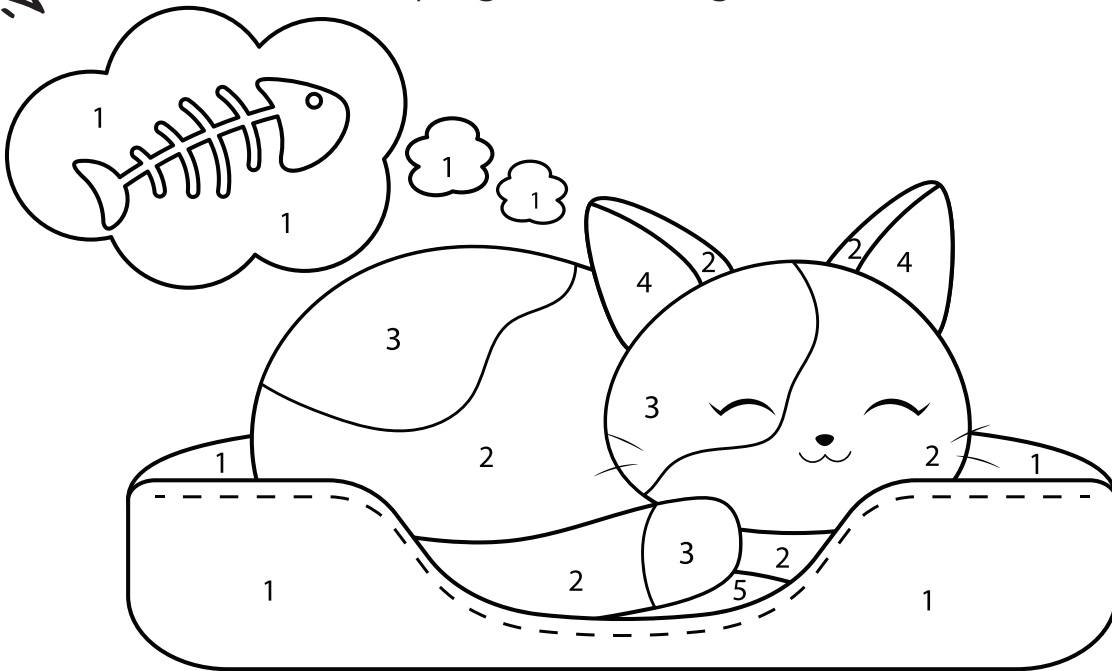
1 2 3



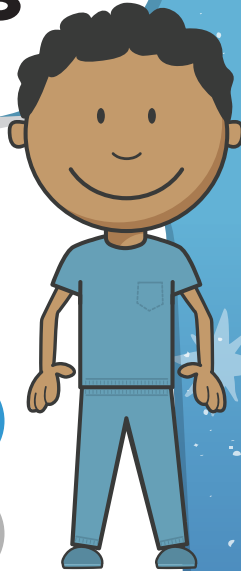
1 2 3

WE ALL NEED SLEEP.

Color the sleeping kitten using the color chart below.



- 1
- 2
- 3
- 4
- 5



Name

Grade

Teacher

