

NOVEMBER NEWSLETTER

2024-2025 | 3-5

Name		

Grade

Teacher

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:

Check in with yourself! Tell us the best thing that happened to you this week and the biggest "oops" of the week!

BEST:

OOPS:



What do you call a sleeping cow? ¡Jəzopiinq v

M A

BE YOUR BEST YOU!

This is the season of thankfulness!

Can write something you are thankful for in each box below?

Write about a *person* you are thankful for

Write a *place* you are thankful for

Write a *food* you are thankful for

Write an *animal* you are thankful for

Write about a *memory* you are thankful for

Write about an *activity* you are thankful for



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

CHALLENGE: *************

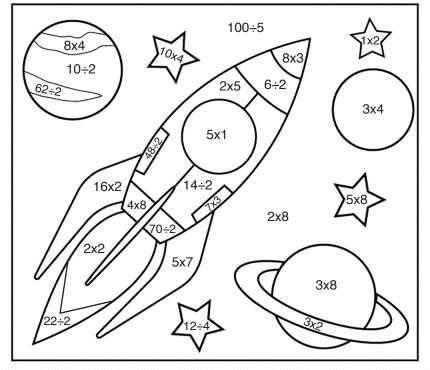
Tara wants 9 hours of sleep every night! Can you look at the clock and see how many hours of sleep she got? Write it on the line. Then in the box write a **greater than >, less than < or equal to =** sign if the hours are greater than, less than or equal to 9! Why is it important for Tara to get enough sleep?



COLOR BY MATH

At night, some planets and many stars can be seen if the sky is clear. Help Alex solve the math problems, then use the key on the right to color the night sky.





Answers:

Yellow = **0 - 5**

() Grey = **6 - 10**

Orange = **11 - 15**

Navy = **16 - 20**

Red = **21 - 25**

Pink = **26 - 30**

Green = **31 - 35**

White = **36 - 40**





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