



Recharge with Rest

January Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____ Teacher: _____

WHY IT MATTERS **Sleep starts your day off right!**

Getting **9 hours of sleep** every night helps your brain grow stronger, your body feel better, and your mood stay brighter! Sleep helps us be our best selves at school—just like superheroes need rest before saving the day!

TARA'S JOKE

What do you
call a sleeping
dinosaur?

ja-zous-nup!



CHALLENGE

Make your own bedtime routine to help you get 9 hours of sleep every night!

1. Think about what you do before you go to bed.
2. Write 4 bedtime steps in the order you do them (number them 1 to 4).
3. Draw a picture above each step to show what it is.

1. _____	2. _____	3. _____	4. _____
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ACTIVITY

Spot the difference:

Look at both pictures. Can you find the 8 things that are different between the two?



Can you name some things in the pictures that help you sleep well at night?



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

Goodnight Body:

Let's practice calming our bodies down before bed.

This is something we can do if we are having a hard time falling asleep.

1. Close your eyes if you feel comfortable, or look gently at one spot on the floor.
2. Take a deep breath in... and slowly breathe out. Let's say goodnight to each part of our body.
3. Start at your toes. Wiggle them just a little. Say in your mind: Goodnight, toes. Let them be still.
4. Now your legs. Feel them resting on the bed or chair. Goodnight, legs.
5. Notice your hands. Wiggle your fingers, then let them rest. Goodnight, hands.
6. Now your face. Relax your jaw. Unclench your teeth. Goodnight, face.
7. Now take one big, slow breath. In through your nose... and out through your mouth.
8. Your whole body is calm and quiet. You're ready to rest your brain and feel peaceful.

JOKE

What's a ghost's favorite bedtime story?

One with a happy ending!

Now let's slowly wake up our bodies like we do in the morning.

1. Wiggle your fingers and toes.
2. Slowly open your eyes when you're ready. Notice how your body feels now. Circle words that describe how you feel.

Quiet

Sleepy

Relaxed

Happy

Peaceful

Alert

Calm

Refreshed



Practice our Goodnight Body routine and create a "bed-time wind down zone" by turning off screens and dimming lights at least an hour before bed to help get ready for sleep!

AT HOME TIP