



Recharge with Rest

January Newsletter

2025-2026 | K-2

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?

!no-snore!
D



ACTIVITY

Can you trace the words that have to do with sleep?

night rest bed tired
sleep pillow blanket

CHALLENGE

My Bedtime Routine: Think of what makes a good bedtime routine (e.g., brushing teeth, reading, no screens). Color in the picture that shows 3 steps you would like to challenge yourself to follow every night before bed. On the line below the picture, number them 1-3, 1 being the first part of your routine and 3 being the last.



Put on pajamas



Read a book



Brush your teeth



Turn off the light



Bedtime snack



Set an alarm



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 good night's sleep!

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