

Recharge with Rest

January Newsletter

2026-2027 | 3-5



Name: _____

Grade: _____ Teacher: _____



The Big Why:

Your body and brain work hard all day, so they need time to rest, recharge, and grow! Getting about 9 hours of sleep each night helps you have the energy to learn, play, focus, and feel your best. While you sleep, your body gets busy growing, repairing, and getting ready for a new day.

A good night's sleep helps you wake up feeling refreshed, strong, and ready to shine!

Rest up, recharge, and be your best YOU!

What's the best thing about bedtime?

You can do it with your eyes closed!



Take the Challenge

Bedtime Battery:

Rachel needs to wake up at 7:00 a.m. She wants to get 9 hours of sleep. **What time should Rachel fall asleep?**

Answer: _____

Circle the plan that would give her battery the **best** chance to recharge.

Plan A:

Play video games until 10:30 → Watch videos in bed → Sleep

Plan B:

Finish homework → Pack her backpack → Brush her teeth → Read quietly → Sleep

Plan C:

Have a sugary snack → Scroll on a tablet → Stay up until she feels tired → Sleep

Now design your own recharge plan. Create a 3-step bedtime routine that could help you get ready for 9 hours of sleep.

Step 1: _____

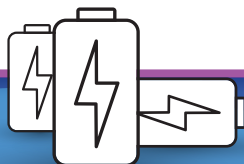
Step 2: _____

Step 3: _____

Get Moving!

Can you do 10 big star jumps like you're bouncing all the way to the moon? Jump up high, stretch your arms, and count each jump!

Now make a bedtime promise: Tonight, I will help my body get ready for sleep by _____



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



Build a Bedtime Fuel Stop Snack!

Create your own healthy bedtime snack!
Circle one from each group.

 **Fuel Stop 1:** pick a fruit:
Apple / Banana / Berries

 **Fuel Stop 2:** pick a protein:
Yogurt / Cheese / Nut butter

 **Fuel Stop 3:** pick a drink:
Water / Milk

Draw your snack on the plate:

Remember: If you're hungry before bed, a small, nutritious snack can help fuel your body. Then, give your body the most important nighttime recharge—a good night's sleep!

Pop Quiz! After your snack, what should you do?

Answer: Brush your teeth!



Family Corner

Family Challenge: Your body has a big day tomorrow — so tonight, fuel it with sleep! Before bed, everyone names one thing they want energy for tomorrow.

I'm going to need energy to: _____

Then challenge the family to get the sleep they need.

Morning question: Did your sleep fuel you for today?

Dream big and share your family's answers with us for a chance to WIN!

ADULTS: Scan the QR code monthly and take the quick survey.



Sleepy Animals!

Koalas can sleep around 18–20 hours a day!

Fun Fact!

Independent
 Health
FOUNDATION

2026-2027 | 3-5



January Newsletter

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