



9 HOURS OF SLEEP  
PER NIGHT

# 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## JOKE!

What do you call a sleeping cow? **A bulldozer!**

Moo!



## 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



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:  
[www.FitnessForKidsChallenge.com](http://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?



8:00 PM	6:00 AM	<input type="text"/> 9 HOURS
10:00 PM	7:00 AM	<input type="text"/> 9 HOURS
9:00 PM	6:30 AM	<input type="text"/> 9 HOURS
11:00 PM	8:00 AM	<input type="text"/> 9 HOURS
9:30 PM	8:30 AM	<input type="text"/> 9 HOURS

## 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**