



9 HOURS OF SLEEP
PER NIGHT

NOVEMBER NEWSLETTER

2024-2025 | K-2

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!



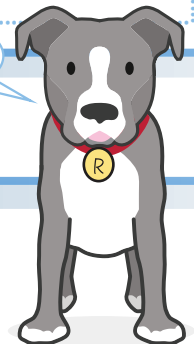
ACTIVITY:

Check in with yourself. Draw an emoji for how you are feeling today in the space below and tell us why!

JOKE!

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

Moo!



BE YOUR BEST YOU!

This is the season of thankfulness!

Can you draw a picture in each box below?

Draw a picture of a **person** you are thankful for:

Draw a picture of a **place** you are thankful for:

Draw a picture of a **food** you are thankful for:

Draw a picture of an **animal** you are thankful for:

Draw a picture of a **memory** you are thankful for:

Draw a picture of an **activity** you are thankful for:



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

CHALLENGE:

Tara wants 9 hours of sleep every night! She is learning why sleep is important for her body, brain and health. Color in every star that shows how sleep helps you. Draw a picture in the big star that shows how you feel when you get enough sleep at night.

It makes us more tired

It helps us feel good during the day

It gives our mind and body a rest

It stops us from concentrating

It helps us when we are feeling sick

It gives us energy

SOLVE THE MAZE

END

START

Help Marco find his pillow so he can get a good night sleep.