

Name: _____

Date: _____

Week 4 Health: Sleep, Rest and Routines



Sleep Supercharger: Growing bodies need **9 to 11 hours** of sleep each night. Sleep charges your brain battery, helps your muscles grow, and keeps you healthy!

Activity 1: Bedtime Routine Steps

Put Maya's bedtime routine in order. Write the number **1, 2, 3,** or **4** in each box.



Wash Up



Brush Teeth



Quiet Story



Lights Out

Activity 2: Choices That Affect Sleep

Circle **Helps sleep** or **Makes sleep harder** for each choice. Routines vary by family.



1. Reading a calm storybook before bed

Circle: Helps sleep / Makes sleep harder



2. Playing a video game right before bed

Circle: Helps sleep / Makes sleep harder



3. Taking a relaxing bath or shower

Circle: Helps sleep / Makes sleep harder



4. Having a sugary snack right before bed

Circle: Helps sleep / Makes sleep harder

Activity 3: Three Belly Breaths Practice



Try three slow belly breaths:

1. Rest both hands gently on your belly.
2. Breathe in slowly. Count 1, 2, 3.
3. Breathe out gently. Count 1, 2, 3. Repeat steps 2 and 3 until you have taken three breaths.

Or stretch: Reach your arms up comfortably, then rest.

Choose breaths or a stretch. Check what you tried:

☐ I practiced three belly breaths

☐ I tried a gentle stretch

How does your body feel? Circle one:

Calmer

Sleepier

Still Wiggly

Activity 4: Oaklynn’s Bedtime Plan

Oaklynn, choose one bedtime barrier. Routines vary by family.

Bedtime barriers to choose from: screen light, wiggly energy, worries, noise, or a bright room.

1. Name one bedtime barrier:

.....

.....

2. Write one realistic solution: What could you or a trusted grown-up try?

Sentence starter: When this happens, I can...

.....

.....

.....

3. Explain one reason sleep helps your body or brain:

.....

.....

Brooksley’s Kindergarten choice: Point, circle, match, draw, answer aloud, or ask an adult to write your words.

Answers

Activity 1: Wash up and brush teeth (either order), then quiet story, then lights out.

Activity 2: 1 helps; 2 makes sleep harder; 3 helps; 4 makes sleep harder.

Activity 3: Accept three slow breaths or the gentle stretch, the matching check, and any honest feeling choice.

Activity 4: Accept a barrier such as screen light, wiggles, worries, noise, or brightness; a realistic solution; and a benefit such as body growth or brain learning, memory, or focus.

Brooksley / adult support: Accept pointing, circling, matching, drawing, oral answers, or adult dictation. Respect family-flexible routines and privacy.