



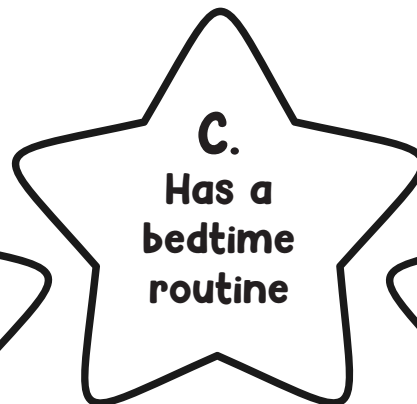
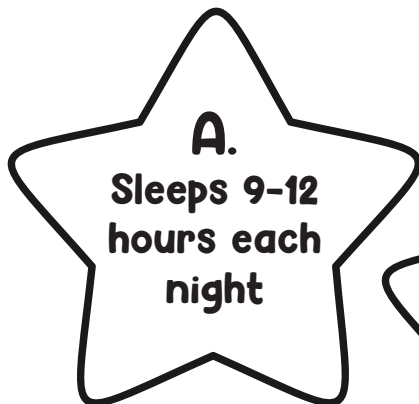
COLORING AND ACTIVITY BOOK



NAME YOUR SLEEP HEROES!

WHAT ARE THEIR SUPERPOWERS?

CHOOSE A SUPERPOWER FOR EACH HERO ABOVE.
EACH POWER HELPS YOU GET A HEALTHY NIGHT'S SLEEP.

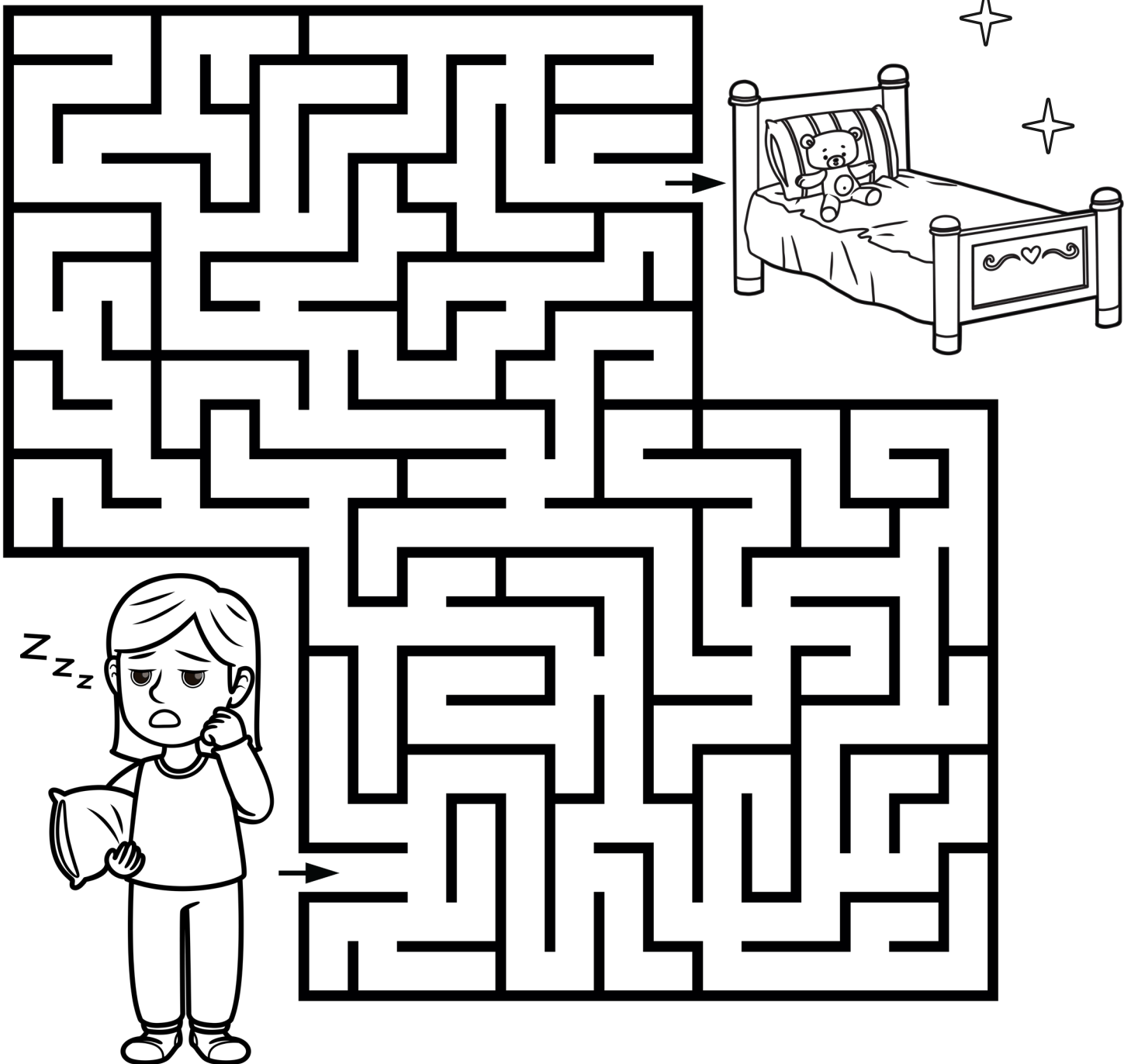




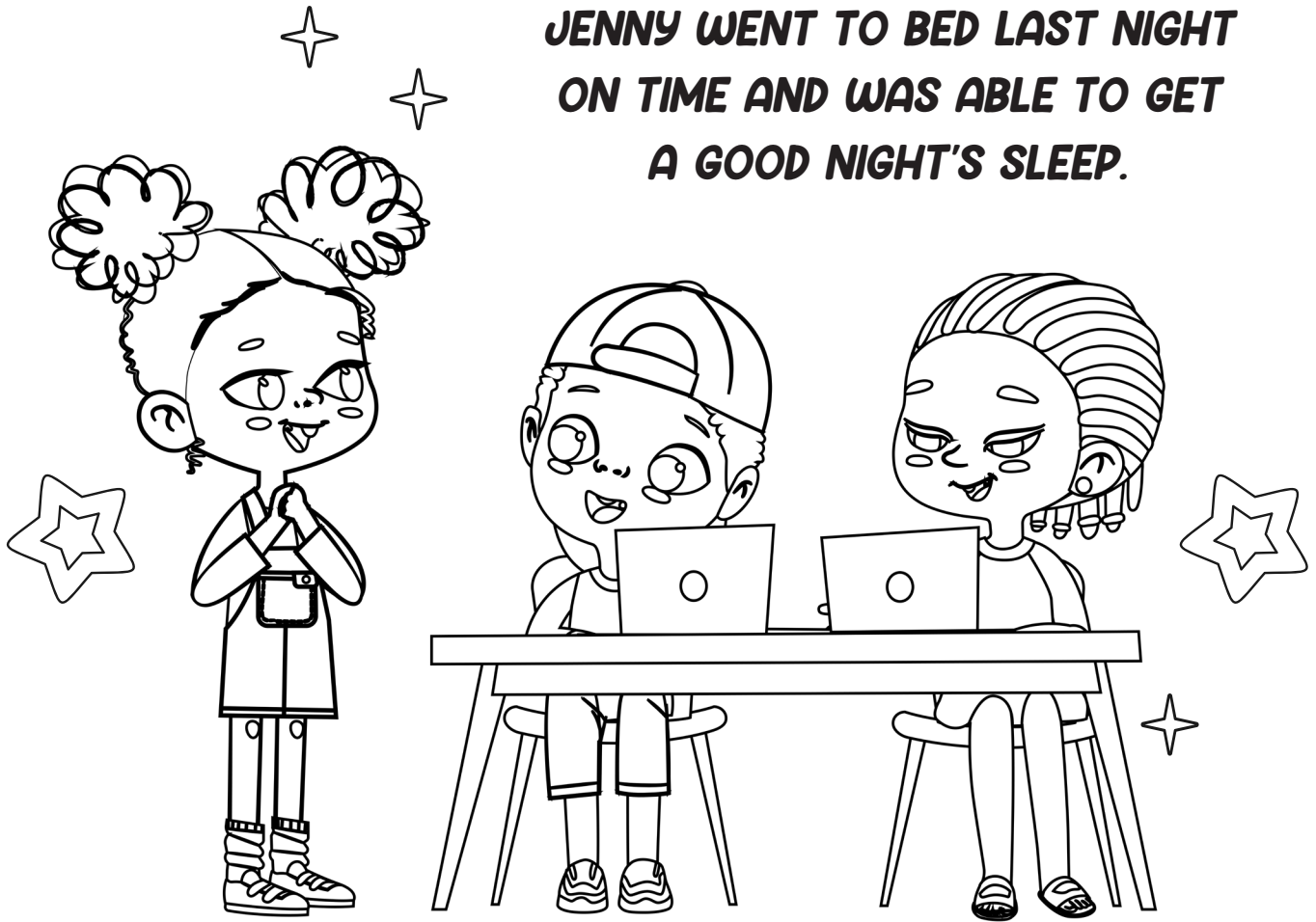
**MAYA IS SO TIRED AND WANTS TO GO TO BED TO
GET HER 9-12 HOURS OF SLEEP TONIGHT.**



**HELP MAYA GET TO HER BED AND
GET A GOOD NIGHT'S SLEEP!**



**JENNY WENT TO BED LAST NIGHT
ON TIME AND WAS ABLE TO GET
A GOOD NIGHT'S SLEEP.**



**CIRCLE ALL THE GREAT THINGS THAT HAPPEN DURING JENNY'S DAY
AT SCHOOL BECAUSE *SHE MADE SLEEP IMPORTANT!***

Sleepy

Mad

Sad

**Good
Grades**

**Failed a
Test**

Happy

**Won the
Race**

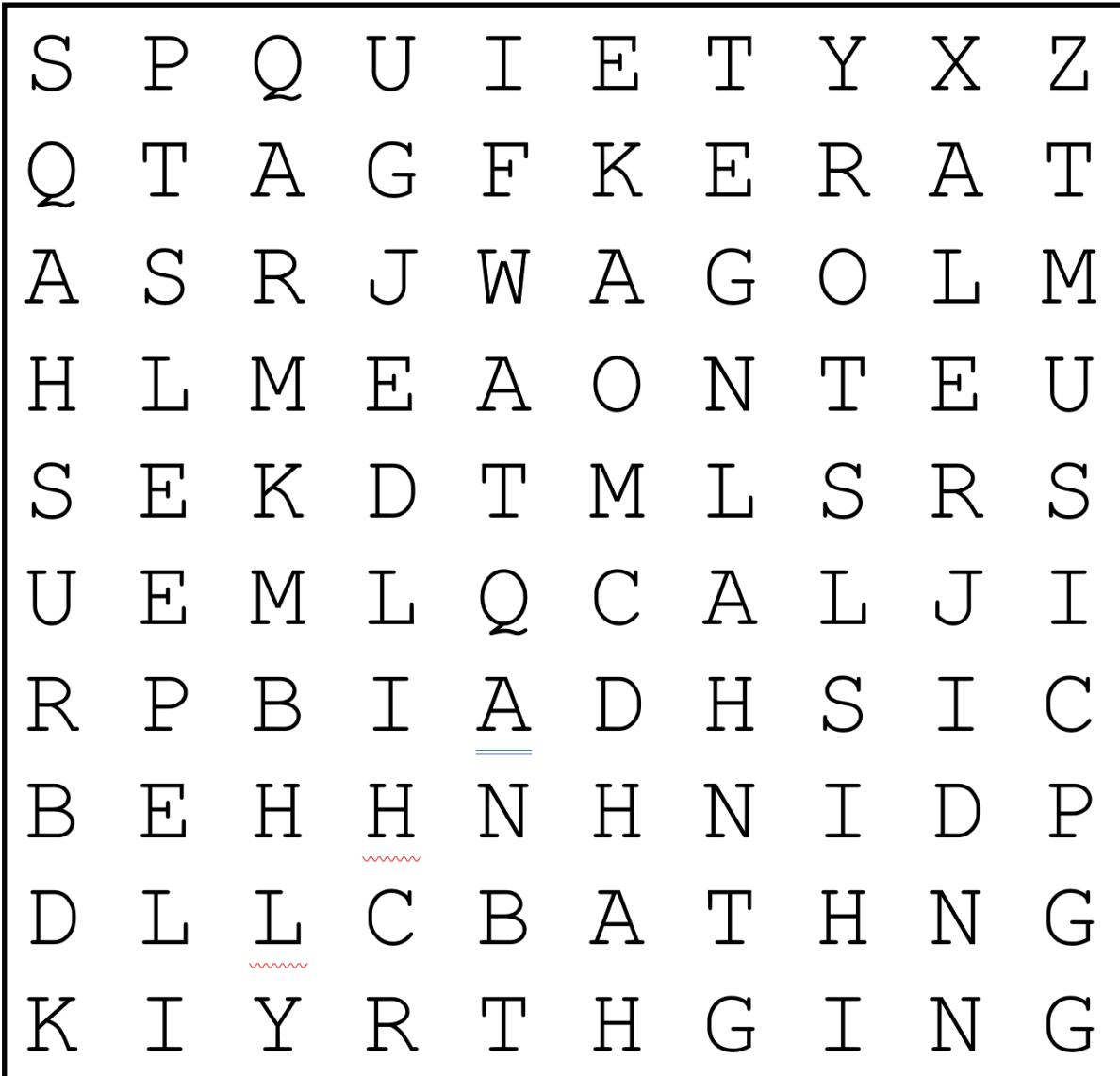
**Energy for
the Day**

Confused

**Having a good
time with her
friends**



HEALTHY SLEEP WORD SEARCH



BATH

CHILD

MUSIC

QUIET



BED

FAN

PAJAMAS

RELAX



SLEEP

NIGHT

PILLOW

STRETCHING

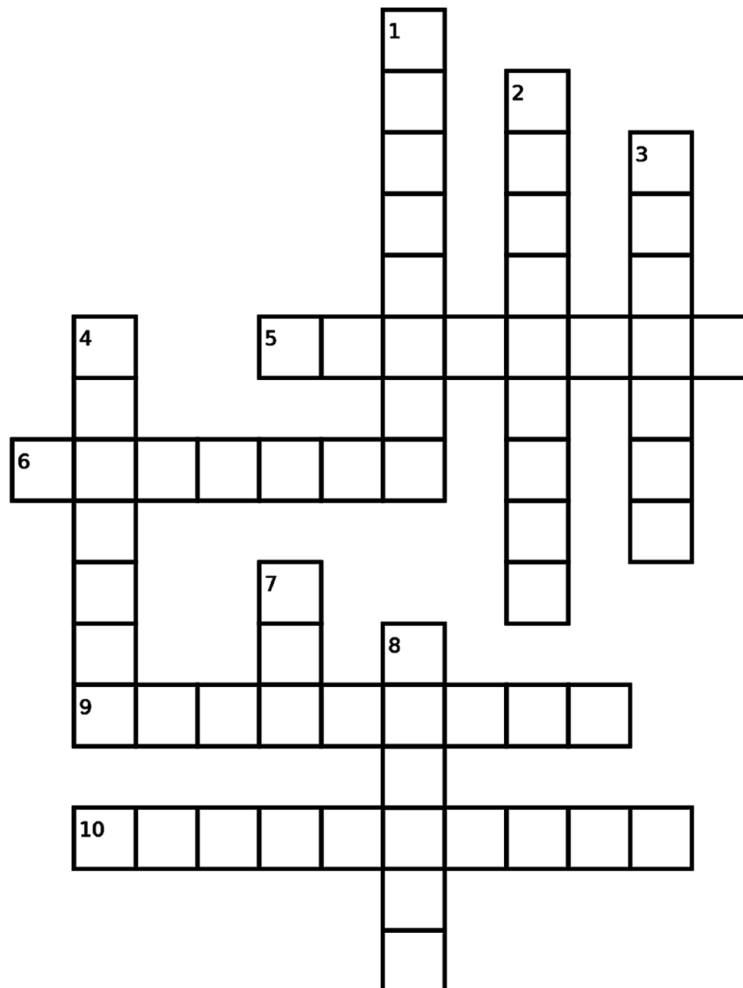
BRUSH

STORY



A GOOD NIGHT'S SLEEP

DID YOU KNOW THAT A GOOD NIGHT SLEEP HELPS YOU LEARN MORE IN SCHOOL, HAVE ENERGY TO PLAY AND GROW UP BIG AND STRONG? FIND ALL THE WORDS THAT HELP YOU GET YOUR RECOMMENDED 9-12 HOURS OF SLEEP EACH NIGHT.



Down:

1. The comfy shoes you wear with your pajamas
2. A covering for your eyes while you sleep
3. A soft fabric that covers you at night
4. What your mom and dad may do for you before bed
7. The place you sleep
8. A fluffy bundle you lay your head on at night

Across:

5. What you are doing when you close your eyes at night
6. The comfy clothes you wear to bed
9. What you tell your family before bed
10. Helps you to feel safe and see in your room



DRAW A LINE FROM THE AGE TO THE CORRECT HOURS OF SLEEP EACH NIGHT.



**Newborn
4-12 months**



**Toddler
1-2 years**



**Child
3-5 years**



**Child
6-12 years**



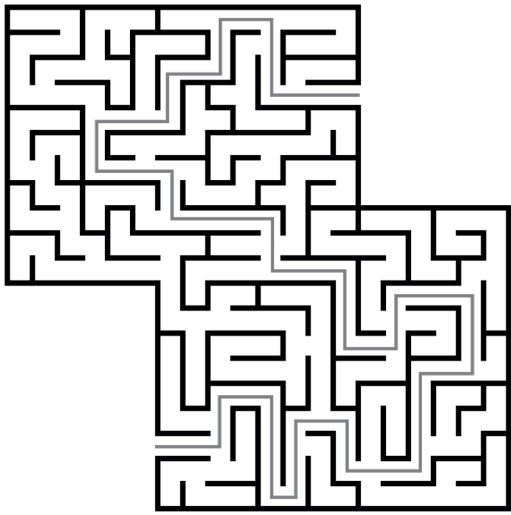
**Teen
13-18 years**



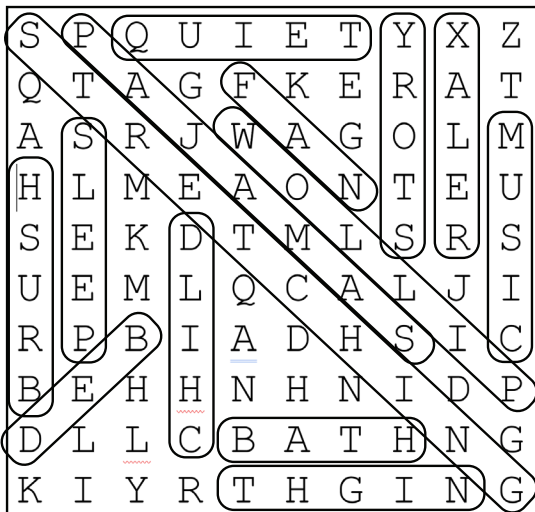


ANSWER KEY

BEDTIME MAZE



WORD SEARCH

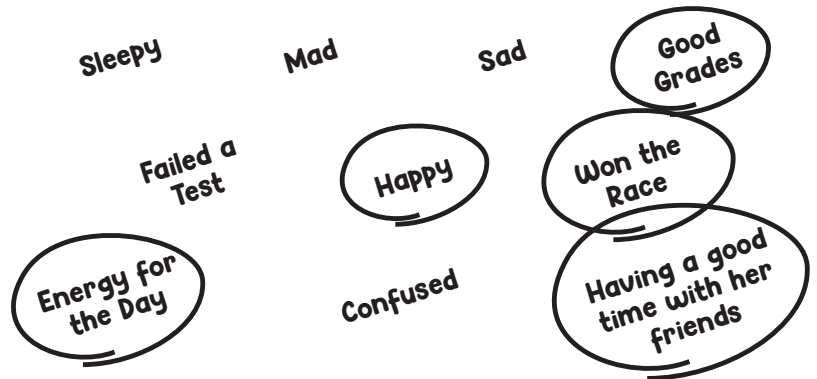


CROSSWORD PUZZLE

Down: 1. Slippers 2. Sleepmask
3. Blanket 4. Reading 7. Bed
8. Pillow

Across: 5. Sleeping 6. Pajamas
9. Goodnight 10. Nightlight

JENNY'S SCHOOL DAY



MATCHING GAME

