

Why Do We Need Rest and Sleep? ■

Activity 1: Circle the Good Sleep Habits

Sleep early | Brush teeth | Watch TV late | Play at night

Activity 2: Match How We Feel

Tired → _____ Happy → _____ Angry → _____

Activity 3: Body or Mind?

Activity	Body ■	Mind ■
Running		
Thinking		
Sleeping		

Activity 4: Draw Your Bedtime Routine

(Draw here)

Activity 5: Yes or No

Do you sleep early? Yes / No

Do you brush before bed? Yes / No

Do you watch TV before sleep? Yes / No