

# GREAT THE BODY SHOP

Come in and learn about your body!

FAMILY CONNECTION

Hello Kids,

I hope you are all well and taking good care of your great bodies!

This year we have talked a lot about behaviors that are good for our bodies, like eating healthy, brushing our teeth, and getting enough exercise. Today we will discuss another healthy behavior: sleep. That's right! Getting enough hours of sleep each night is just as important for our bodies as eating healthful foods and exercising. In fact, our brains require sleep in order to function properly.



Think about it: When we get enough sleep, we are better able to work and play. Our mood is typically better and our interactions with one another are better, too. When we have a good night's sleep we are more patient with our family and friends and are more likely to try new things.



Sadly, many children don't get enough sleep. Children your age need as much as 10 to 12 hours of sleep per day. This means having a reasonable bedtime each night.

I have a challenge for you. I would like you to keep track of your sleep habits for one week. Mark down the number of hours you sleep each night or complete the Good Rest Chart. You might also consider keeping a journal to keep track of how you feel. How do your sleep habits affect your mood and performance during the day?



Think about a person who can help you keep track of your hours (mom, dad, grandmom, granddad, older siblings) and ask that person for help. Remember, the goal is to get about 10-12 hours each night!

I hope you complete this challenge!

Your Friend,

*Dr. Smartstuff*

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The Children's Health Market, Inc.

**Dear Families/Guardians:** Take a moment to think about all of the things your family does in a day. You work, play, learn, laugh, make important decisions, and much, much more. All of these activities require brain power, and your brain is powered by sleep! A good night's rest is especially important for children because their brains are still developing. The American Academy of Pediatrics recommends that school-age children (5-12 years old) get 10 to 12 hours of sleep every night. Getting enough sleep is an important part of taking care of your great body!

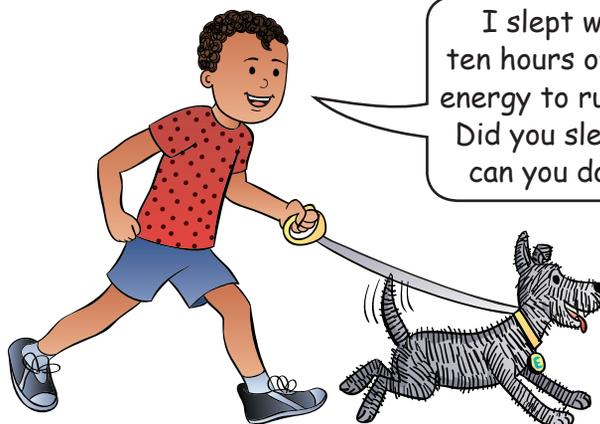
Please help your child monitor his or her sleep patterns for one week. If your child is not getting the recommended amount, talk about what you can do as a family to improve sleep routines. Once completed, sign, and return to school. Thank you.

If you got a good night's rest/sleep, put an X in the box with a smiley face.

If you did not get a good night's rest/sleep, put an X in the box with a tired face.

## Good Rest Chart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						



I slept well last night. I got ten hours of sleep. I have lots of energy to run and play with Ester! Did you sleep well? If not, what can you do to get more sleep?