



TRAINING NETWORK

SLEEP SUPERSTAR CHALLENGE

Good sleep helps your body grow, your brain learn
and your mood stay happy. Let's become a Sleep Superstar!

Small changes = better sleep = brighter days!

CHILD RESOURCE



WHY SLEEP MATTERS

When you sleep well, you can:

- ★ Feel more energetic and happy
- ★ Concentrate better in class
- ★ Remember things more easily
- ★ Stay healthy and fight off germs
- ★ Handle big feelings better



Remember: A good night's sleep helps you be your best every day!



GOOD SLEEP HABITS

Little habits can make a BIG difference!

- ✓ Go to bed at the same time every night
- ✓ Have a relaxing bedtime routine
- ✓ Keep screens off 1 hour before bed
- ✓ Make your bedroom dark, quiet and cool
- ✓ Read a book or listen to calm music
- ✓ Get up at the same time each morning



Remember: Good habits today = better sleep tonight!

★ 7-DAY SLEEP SUPERSTAR CHALLENGE ★

Can you complete the challenge every day this week? Colour a star each day!

MONDAY



I went to bed on time.



TUESDAY



I followed my bedtime routine.



WEDNESDAY



I had no screens 1 hour before bed.



THURSDAY



I slept in a dark, quiet room.



FRIDAY



I woke up feeling good.



SATURDAY



I made healthy choices today.



SUNDAY



I am a Sleep Superstar!



WELL DONE SUPERSTAR!



BEDTIME ROUTINE IDEAS

Create a calm routine to help your body and mind get ready for sleep.



WHAT KEEPS YOU AWAKE?

Circle the things that can make it hard to sleep.



Screens



Too much sugar



Worrying



Loud noises



Caffeine



Exercise too late



Bright lights



Heavy meals



Remember: Make calming choices to help you sleep better!



DRAW YOUR DREAM ROOM

Draw a picture of your perfect bedroom for a great night's sleep.



I FEEL AFTER A GOOD NIGHT'S SLEEP

How do you feel when you sleep well? Circle or draw.



Happy



Calm



Focused



Energetic



Confident

Other: _____

★ SLEEP WELL. DREAM BIG. BE A SUPERSTAR EVERY DAY! ★

LEARN • GROW • THRIVE

Helping children and families build
a healthier, happier future.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com