

Parent Connection

The subject that we are studying right now is Sleep and Relaxation and how they affects Nutrition and Health.

True or False

Based on what you learned in school, discuss with your caregiver if you think the following questions are True or False:

- Eating a large snack before bed helps you sleep better.
- Drinking a glass of milk helps you sleep better.
- Watching a scary show on TV helps you fall asleep faster.
- Play and exercise during the day helps you sleep better at night.
- Sunlight tends to wake you up.

It's Routine

Work with your family to write a list of routines to follow every night to ensure a good night's sleep. Here is a sample list:

- 3:15 Home from school
- 3:15 -3:30 Eat a (healthy) snack
- 3:30-4:30 One hour (only) of playtime
- 4:30-5:30 Homework
- 5:30-6:30 Dinner with family
- 6:30- 7:00 Review homework
- 7:00- 8:00 Read
- 8:00-8:15 Bedtime snack

Students enjoy comparing routines, and offering their suggestions of family practices.

My Personal “Sleep and Relaxation” Goals

Pick a big goal that’s related to sleep and relaxation. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

My Family’s Goals:
