

Sleep Like a Star! Worksheet

Name: _____ Date: _____

Why Do We Sleep?

Circle the answer:

Sleeping helps our bodies:

 Grow strong  Rest  Play games

What Helps You Sleep?

Put a  next to things that help you sleep.

- ___ Reading a book 
 - ___ Watching loud TV 
 - ___ Taking deep breaths 
 - ___ Jumping and running 
 - ___ Turning off the lights 
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Put Your Bedtime in Order

Number the steps (1-4):

- ___ Brush teeth 
 - ___ Go to bed 
 - ___ Put on pajamas 
 - ___ Read a story 
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Try It! Balloon Breathing

Draw a big balloon and show it filling up with air.

 DRAW HERE:



My Bedtime Routine

Draw what you do before going to sleep.



DRAW HERE:



Say It!

"Calm my body, dim the light— Quiet time helps me sleep at night!"



Great job learning how to get a good night's sleep! 