SLEEP TIGHT ACTIVITIES

Better sleep leads to better performance. In the classroom, on the field, and in life. This fun word search (for young kids) and crossword puzzle (for teens) will help strengthen students’ vocabulary words and their knowledge about a healthy sleeping environment. It’s a win-win!

*Use these activities in the classroom or at home to teach students some snooze clues to help them get a healthy night’s sleep.*

*See page 2 for elementary students, and page 3 for middle and high school students.*

LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP THEY NEED TO PERFORM AT THEIR BEST?
Get started at [HealthierGeneration.org/SmarterSleep](http://HealthierGeneration.org/SmarterSleep)
#SmarterSleep
Use this word search to learn some snooze clues to help get a healthy night’s sleep.

COOL
SCREENS
COMFORTABLE
BOOK
BREATHE

DARK
CALM
HEALTHY
MUSIC
SNACK

QUIET
PILLLOW
SLEEP
BLANKET
EXERCISE
SLEEP TIGHT
CROSSWORD PUZZLE

Complete the crossword below to learn some snooze clues to help get a healthy night’s sleep.

Horizontal
2. ______ in and out. This is a technique to calm my body before bed.
5. My sleeping environment should be the opposite of light.
6. Sleep is essential to keep me ______ and makes me perform better in the classroom, on the field and in life.
8. I don’t like loud noise when I sleep. I like for it to be ______.
11. At least 9-12 hours of ______ is important for my health.
12. My sleeping environment should be the opposite of uncomfortable.
13. Listening to this helps me relax before bed.
15. Reading a ______ could be part of my wind-down routine.

Vertical
1. Fill up with a nutritious ______ before bedtime.
3. Getting 30 minutes of moderate ______ during the day can help me relax at night.
4. This fuzzy item might be my go-to for snuggling up when it’s time to snooze.
7. Some people like soft, some people like firm.
9. At least one hour before bedtime I turn off all ______.
10. I practice activities like deep breathing or yoga to ______ me before I go to sleep.
14. I sleep best when the temperature of my sleeping environment is ______.
SLEEP TIGHT
CROSSWORD PUZZLE

ANSWER KEY

• I sleep best when the temperature of my sleeping environment is COOL.

• My sleeping environment should be the opposite of light. DARK¹

• I don’t like loud noise when I sleep. I like for it to be QUIET.¹

• At least one hour before bedtime I turn off all SCREENS.

• I practice activities like deep breathing or yoga to CALM me before I go to sleep.

• Some people like soft, some people like firm. PILLOWS

• My sleeping environment should be the opposite of uncomfortable. COMFORTABLE.¹

• Sleep is essential to keep me HEALTHY and makes me perform better in the classroom, on the field and in life.

• At least 9-12 hours of SLEEP is important for my health.³⁹

• Getting 30 minutes of moderate EXERCISE during the day can help me relax at night.⁸

• Reading a BOOK could be part of my wind-down routine.⁴

• Listening to this helps me relax before bed. MUSIC ⁴

• This fuzzy item might be my go-to item for snuggling up when it’s time to snooze. BLANKET

• BREATHE in and out. This is a technique to calm my body before bed.³

• Fill up with a nutritious SNACK before bedtime.
References:


