

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 5:

REST & RELAX

Hey, kids! Ace here, telling you to **RELAX!** That is, rest **AND** relax, so your mind can stay sharp and your body can grow, and remain healthy! Let's put that brain to work right **NOW**, with a few quick questions.

Can you name TWO reasons why sleep is so important for kids?

Example: A good night's sleep helps your brain remember things!

Name one thing you do every night as part of your bedtime routine.

Example: Take a bath or shower before bed.

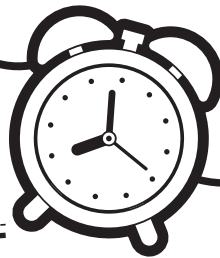
What can you do TONIGHT to get a better night's sleep?

Example: Turn off the TV an hour before bedtime.

Ace enjoys a relaxing

MINDFUL MOMENT

dreaming about his favorite food. Draw it here!



SLEEPY SCRAMBLE!

Unscramble the words below to reveal tips for getting a good night's sleep!

1. Get **CAVTIE!**



2. Turn off screens one **RHUO** before bedtime.



3. Listen to calming **SMICU.**



4. Take a bath or **WSOHRE.**



DID YOU KNOW?

- Most human babies need about **16 hours** of sleep each day — the same as a full-grown tiger!
- People usually have **between 4 and 6 dreams each night!** Dreams are important because they help us process the events of the day.
- Elephants in the wild sleep less than any other mammal. They go into deep, dreaming sleep only every **3-4 days!** When they do sleep, it's only for a few hours at a time.

ANSWERS: 1. ACTIVE, 2. HOUR, 3. MUSIC, 4. SHOWER