

# Wellness Watch



## Important Dates...

December 22nd-  
Early Dismissal  
(12:30pm)

December 25-  
January 2nd-  
Winter Break



## Consistency is Key!

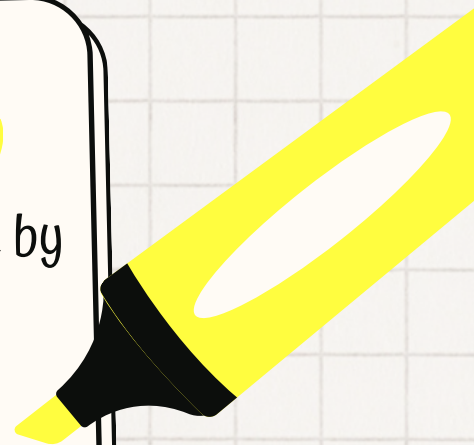
Keep a Routine Over the Holidays...

- 🔑 Predictability- gives security, stability, and builds trust
- 🔑 Keeping Order in an Environment- reduces frustration and helps the child feel in control
- 🔑 Setting & Enforcing Rules- helps with self-control and decision making

## Help Kids Balance Their Media Lives

Families can keep media and tech use in check by following these steps:

1. Create screen free times and zones
2. Try parental controls
3. Establish clear family rules
4. Watch and play together
5. Help kids identify healthy behaviors
6. Turn off devices at least an hour before bed



## Food Schedule

Try to keep meals at the same time each day and refrain from eating 1-2 hours before bed.

Ask your student about my plate and eating a variety of food.

## Sleep Routine

Have your child go to bed and wake up at the same time each day. As seen on the chart below, your child still needs 9-12 hours of sleep each night!

## Exercise

The CDC recommends kids be active at least **60 minutes** each day.

Can't go outside, try a fun fitness video or home exercise!

Check out some suggestions below!

## Good Sleep for Good Health

Make sure your bedroom is cool, dark, and quiet.  
Ask your parents to help.

Exercise during the day.  
Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.  
Your body gets used to a schedule and will be ready to sleep.



Avoid big meals before bedtime.  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

Don't drink sodas with caffeine... especially in the afternoon and at night.

Have a bedtime routine.  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.  
Your body will know it is time to get ready to sleep.

The American Academy of Pediatrics Recommends:

Infants under 1 year: 12-16 hours

Children 1-2 years old: 11-14 hours

Children 3-5 years old: 10-13 hours

Children 6-12 years old: 9-12 hours

SHSCS

## Exercise at Home

Here are some workout videos, click the one you want to try!

10 minute Dance Workout

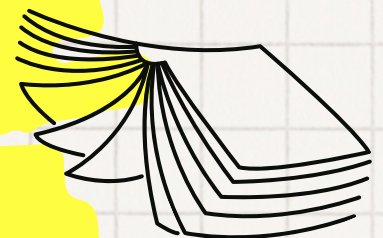
17 minute Dance Workout

TaeBo Workout

16 minute Cardio workout

7 minute Encanto fitness Run

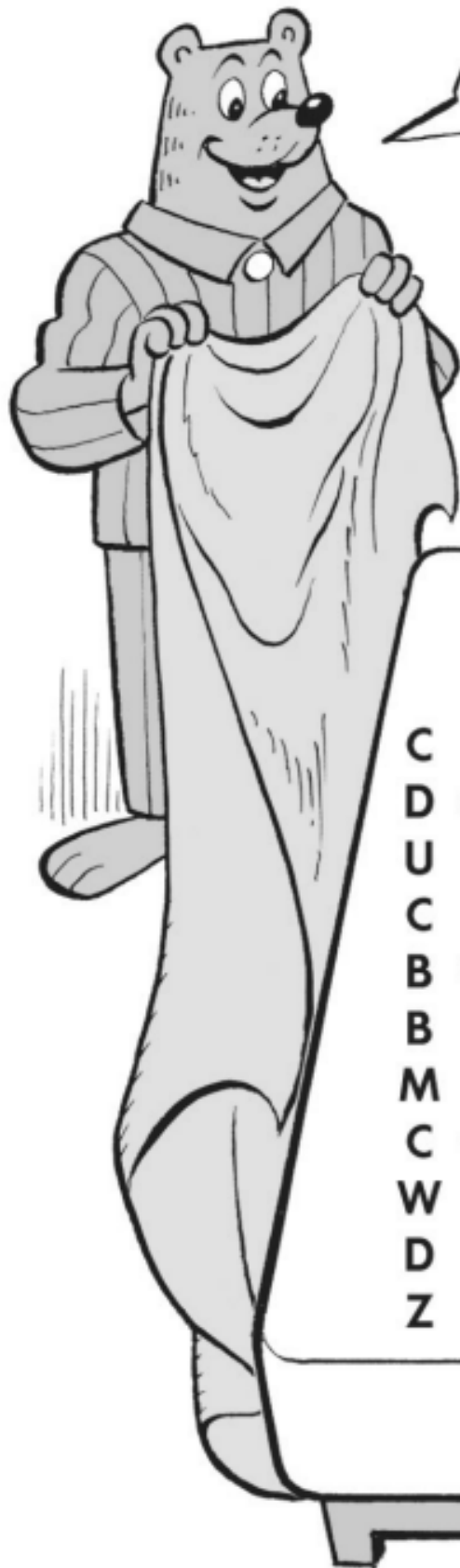
15 Minute Kid-Friendly HIIT Workout





# DISCOVER WHAT'S UNDER *the* COVERS

from  
sleepforkids.org



Find and circle these words about  
sleep hidden in the grid below!

Bed	Day	Night
Body	Fix Injuries	Skin
Bones	Grow	Sleep
Brain	Healthy	Think
Concentrate	Muscle	Wakeup

C	R	W	D	U	Q	Q	D	X	P	S	L
D	O	E	L	S	M	U	S	C	L	E	D
U	B	N	E	P	E	Y	L	L	K	C	F
C	R	N	C	U	B	C	E	S	N	S	O
B	O	V	T	E	G	V	E	D	I	K	I
B	J	R	S	K	N	C	P	A	H	I	C
M	B	H	E	A	L	T	H	Y	T	N	U
C	G	R	O	W	S	O	R	H	D	I	E
W	P	Q	A	C	K	Z	G	A	W	O	V
D	C	O	Y	I	A	I	W	J	T	W	B
Z	F	I	X	I	N	J	U	R	I	E	S