

ACTIVITY SHEET

Solve the clues and find the answers!

What do we need to get 9-11 hours of every night? _____

What can good sleep give us more of? _____

What can good sleep help to improve? _____

If sleep helps us remember things, it helps our _____

What kind of light does our phones produce? _____

What do we need to do to burn more energy throughout the day? _____

If we are worried about something, we are feeling _____

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

