

Healthy Sleep Search Word

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

**BATH
 BED
 SLEEP**

**BRUSH
 CHILD
 FAN**

**NIGHT
 STORY
 MUSIC**

**PAJAMAS
 PILLOW
 QUIET**

**RELAX
 STRETCHING**

Did you know that a good night sleep helps you learn more in school, have energy to play and grow up big and strong? Find all the words that help you get your recommended 9 – 13 hours of sleep each night.