

NAME	
------	--

Do you remember why Wendy fell asleep in class?

- a) She stayed up late watching cartoons
- b) She drank too much coffee.

Why did Wendy need a new bedtime?

- a) She eats too much popcorn.
- b) She isn't getting enough sleep.

Do you remember what Wendy's new bedtime is?

- a) 3:00pm
- b) 8:00pm



NAME	
------	--

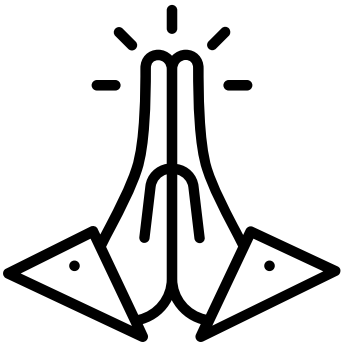
Make a list of things that stress people out:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

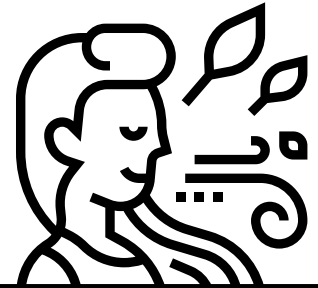
NAME

Sarah is stressed out because she is worried about getting sick. What should she do to manage her stress?
Color the cards that will help her.

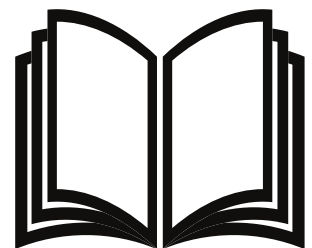
Pray.



Sing!

Take a deep
breath.Talk to your
parents!

Go to the library.





NAME	
------	--

Do you have a bedtime routine? Write it below.

[illegible]