

Sleep Helps Me Grow

BibleMouse.com

Understanding the Importance of Sleep

Name: _____

Date: _____

Answer the questions about our lesson on sleep.

1. Why does God want us to get good sleep? Circle the correct answer.

To help us grow strong

To make us tired

To keep us awake

2. Children need ___ to ___ hours of sleep each night.

3. Sleep helps our bodies heal and grow.

True

False

4. Draw a line from each benefit of sleep to its description.

Healing

Makes us stronger

Growth

Helps us feel better

5. How do you feel after a good night's rest? Circle the correct answer.

Tired

Happy

Hungry

6. Sleep is a special gift from ____.

7. Children need 5-7 hours of sleep each night.

True

False

8. What happens when you don't get enough sleep? Circle the correct answer.

You feel good

You feel tired

You feel happy

9. God gives sleep to his ___ ones.

10. We should practice a bedtime routine.

True

False

Answer Key

1. To help us grow strong 2. 10-12 3. True 4. 1 5. Happy 6. God 7. False 8. You feel tired 9. loved 10. True