

Sleep for Growing

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Learning About Sleep and Health

Name: _____

Date: _____

Answer the questions to show what you learned about sleep.

1. Trace the word that tells us about resting time.

SLEEP

2. Why is sleep important? Circle the correct answer.

It helps us play

It helps us grow

It makes us tired

3. Draw a line from sleep to what it helps us do.

Sleep

Learn new things

Grow

Get bigger

4. What is a gift from God? Circle the correct answer.

Sleep

Food

Toys

5. Sleep helps our muscles get bigger and stronger.

True

False

6. God gives us ___ to help us rest.

Answer Key

1. SLEEP 2. It helps us grow 3. Get bigger 4. Sleep 5. True 6. sleep