



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE™ | **CHALLENGE**™

JOURNAL PROMPT



RILEY'S TIPS & TRICKS FOR A GOOD NIGHT SLEEP!

- Get at least 60 minutes of physical activity each day.
- Set an alarm as a reminder to turn off electronics.
- Read or journal before bed.

Sleep is essential to your health! Sleep helps you build muscle, improves and strengthens your immune system, improves your mood and helps keep you healthy!

Do you ever have trouble falling asleep?

What makes it hard to fall asleep?

JOURNAL PROMPT:

Do you remember your dreams? What was the best dream you can remember?



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Life's Essential 8™

