

|                               |                                      |                           |                                |                                            |
|-------------------------------|--------------------------------------|---------------------------|--------------------------------|--------------------------------------------|
| <b>B</b>                      | <b>I</b>                             | <b>N</b>                  | <b>G</b>                       | <b>O</b>                                   |
| Sleep recharges my batteries! | 1 need 9-11 hours of sleep per night | I feel blah...            | Learning is easier and fun!    | I have more energy!                        |
| I can't concentrate!          | Sleep builds up your immune system!  | I won't get sick as much! | Dream!                         | I'm less moody!                            |
| Same bedtime every night!     | When I sleep my body heals itself!   | <b>FREE</b>               | Feed me!                       | I feel tired...                            |
| I have a strong body!         | REM - Rapid eye movement             | I have a strong body!     | I feel tired...                | I remember what my teacher said yesterday! |
| I feel cranky...              | Gee I'm hungry...                    | I'm confused...           | ugg I can't remember things... | I can't sit still!                         |

|                                    |                                            |                               |                                     |                                      |
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