



Name:

Date:



## Goodnight, Mia

Instructions: Help Mia decide which things are healthy sleep habits and which aren't. Circle the healthy sleep habits and put an X next to things that Mia should not do.

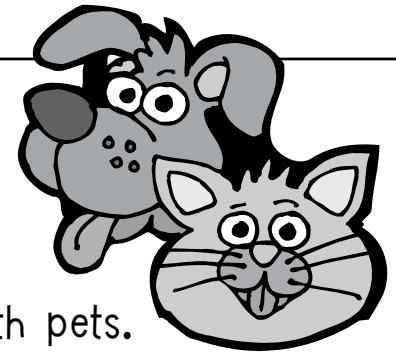
Drink a soda  
before going to bed.



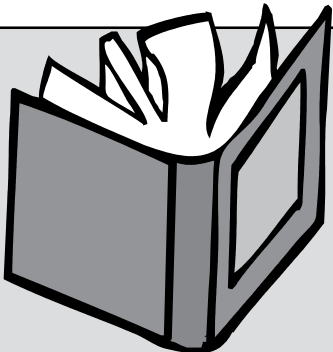
Sleep in a dark room.



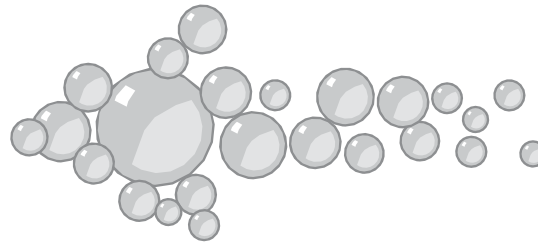
Sleep with pets.



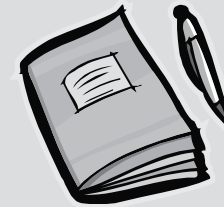
Read a book  
before going  
to sleep.



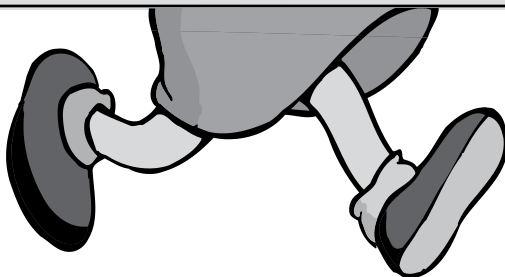
Take a bath before bedtime.



Write in a  
journal to clear  
her mind before  
going to sleep.



Go for a walk before bedtime.



Watch a  
scary movie.



Go to bed  
at the same  
time each night.

