



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.

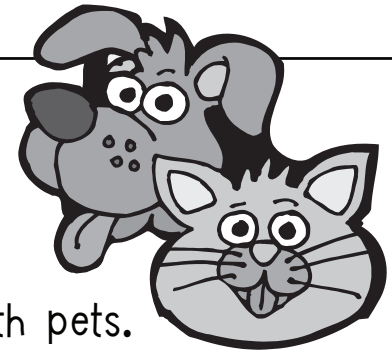
Drink a soda before going to bed.



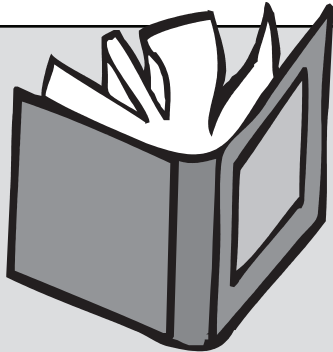
Sleep in a dark room.



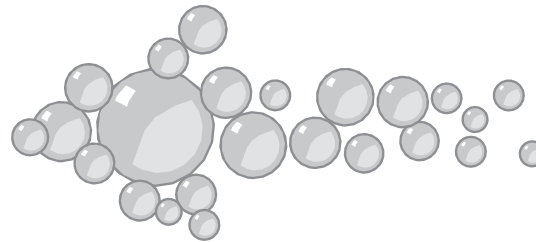
Sleep with pets.



Read a book before going to sleep.



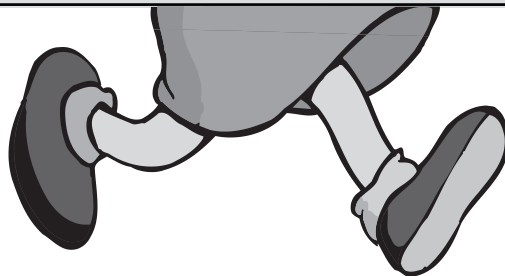
Take a bath before bedtime.



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.

