

a fun game to help kids understand the importance of a good night's sleep

CATCH SOME ZZZS



MATERIALS

Laundry Basket or Pillowcase (Hint: The laundry basket is easier, so it is the better option for younger kids or kids playing alone)

10 Tennis balls, Beanbags, or other soft throwable objects
Sharpie (Optional)



SET UP

Write a "Z" on each of your tennis balls, if you'd like

Set up the basket on one side of the room
Place your "ZZZs" on the other side of the room with a clear path to the basket.



INTRO DISCUSSION

Talk about how ZZZS represent sleep.
Tell kids that sleep helps you grow, allows your brain to store memories, gives your heart a chance to slow down and rest, and has many other benefits.
Ask them to guess how many hours of sleep kids need.



PLAYING THE GAME

Toss the ZZZs into the basket on the other side of the room. You can make it more challenging by setting a time limit. Play upbeat music while playing to keep the energy high. If more than one person is playing, have one catch and one toss and take turns.



AFTER THE GAME

Have the kids count how many ZZZs they caught. Discuss whether that is enough ZZZs for them or not. (Hint: Kids need 10-12 hours of sleep each night).
Discuss ways to get more sleep if they are having trouble, like reading a book, going to bed earlier, avoiding sugary foods, etc.



OTHER ACTIVITIES

- Build a pillow fort to sleep in
- Choose a bedtime story together
- Keep a dream journal
- Try bedtime yoga

