

DO A QUIET ACTIVITY



Zzzz



fit

HAVE A PILLOW FIGHT



fit

DO A YOGA FLOW



Zzzz

DANCE LIKE CRAZY!



fit

DRINK A GLASS OF MILK



Zzzz

fit

EAT A LARGE SNACK



READ A BOOK IN BED



Zzzz

fit

WATCH TV AND SNACK



LISTEN TO QUIET MUSIC



Zzzz



fit

ROCK OUT WITH LOUD MUSIC



fit

DRINK A GLASS OF WATER



Zzzz

fit

DRINK A GLASS OF SODA



fit

TIDY UP YOUR ROOM



Zzzz

fit

MESS UP YOUR ROOM



HAVE A DARK, QUIET ROOM



Zzzzz



fit

HAVE A BRIGHT ROOM



fit

BRUSH YOUR TEETH



fit

EAT SOME CANDY



GO TO BED ON TIME



Zzzzz

fit

STAY UP LATE



fit

TAKE A BATH



Zzzz

HULA HOOP UNTIL YOU SWEAT



fit

STRETCH



zzzz

JUMP ROPE



fit

CHANGE INTO PAJAMAS



fit



Zzzz

DRESS UP



SAY GOODNIGHT TO FAMILY



fit

RUN AND PLAY OUTSIDE



fit

DIM THE LIGHTS AND READ



Zzzz



fit

PLAY VIDEO GAMES



fit

WASH HANDS AND FACE



Zzzz



fit

PLAY OUTSIDE



DRAW A PICTURE



READ FROM A TABLET



fit

WRITE IN A JOURNAL



fit

WRITE ON A COMPUTER



fit

DO A PUZZLE



Zzzz

PLAY A VIDEO GAME



PLAY QUIETLY



Zzzz

JUMP ON BED



fit

BREATHE



Zzzz



fit

BE WILD



fit