



HOME CHALLENGES

Sleep Tracking Home Challenge

Copy for school health facilitators/champions

Students can complete this challenge to track how much sleep they get each night, and how much their parents get each night. This challenge works well in conjunction with the *Be a Sleep Star* monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 2 weeks (attached).

Email Copy for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **(School name)** staff,

Students are not getting enough sleep. This affects their ability to concentrate in school and function in a healthy way. That's why I encourage you to get your students onboard with a fun home challenge: sleep tracking!

All you need to do is:

- Read through the home challenge parent instructions to get familiar with it.
- Explain the activity and give each student an instruction/ tracking sheet to take home.

- Remind students to participate throughout the 2-week challenge.

At the end of the challenge, please collect completed and signed sleep tracking sheets from students and hand them in to me.

Encourage students to take a leadership role in initiating healthy sleep habits by tracking both their own sleep, and their parent/guardian's sleep. Encourage participation by offering a healthy class reward like (choose healthy celebration).

Have fun!