

sleep



SLEEP

A good day depends
on a good night's sleep.

1- SLEEP 🌙

2- MOVEMENT 🏃

3- NUTRITION 🍎

4- ROUTINE 🌞

5- LOVE 💖

Parents, teachers, and caregivers should work together to help children get the sleep they need. Sleep creates energy for play, learning, and exploring the world around you.

This message is brought to you by the Count 5! Public Awareness Campaign of Florence 1 Schools and The School Foundation.

www.count5.org

COUNT 5!

Today. Tomorrow. EVERY Day.

