TRP@HOME

G.E.M.
GRATITUDE
EMPATHY
MINDFULNESS

THE RESILIENCE PROJECT™

SLEEP MATTERS

Sleep is super important for everyone! It helps us to:

- Remember things.
- Be good learners.
- Not get sick.
- Have energy.
- Focus.
- Problem solve.

Which room would you have a better sleep in?

Create a **relaxing** sleep **environment**.

Have a **calm bedtime routine**.

No screens an hour before bed.

Get **9 to 11 hours** of sleep at night.

Good Sleep Habits

Draw or write some things that could help you fall asleep: