FEELINGS IN MOTION
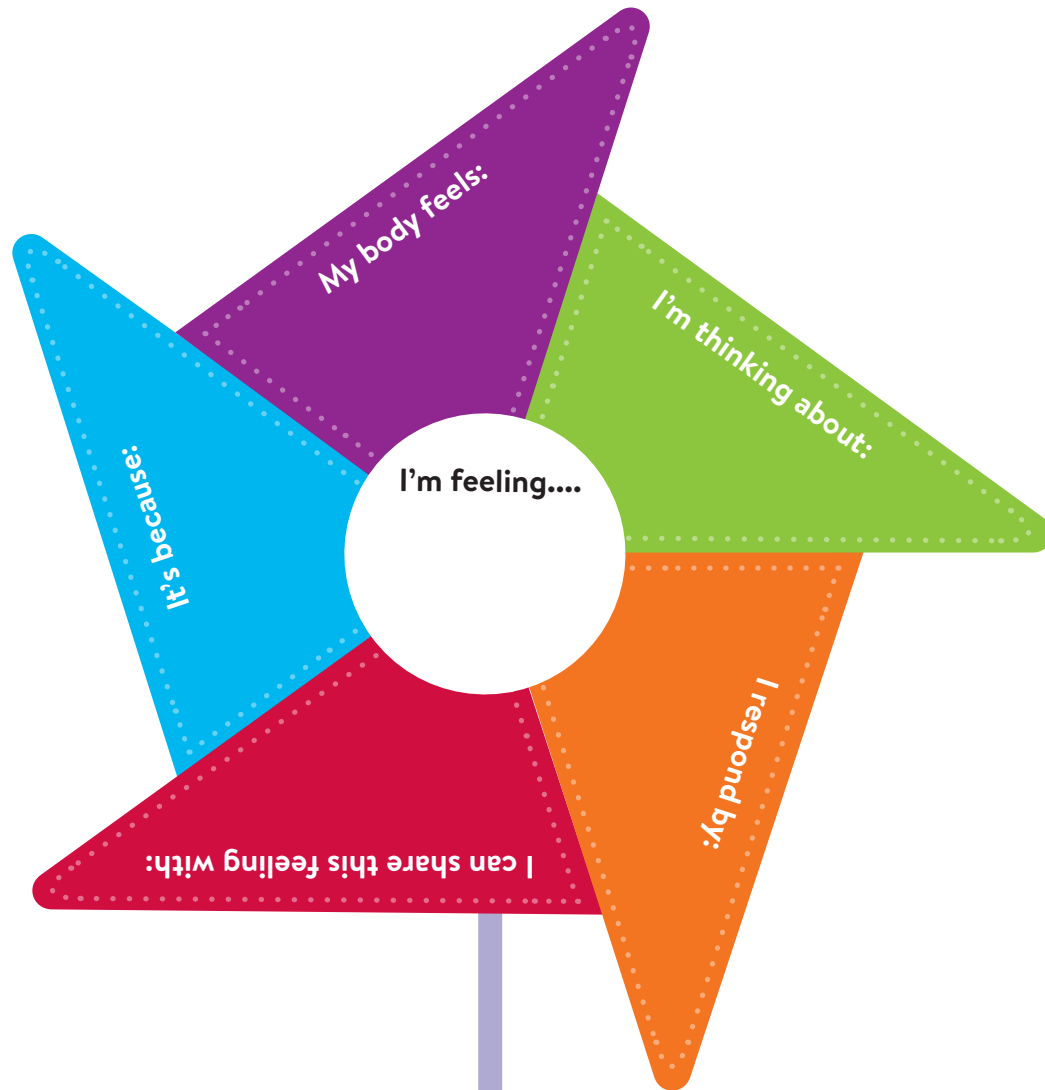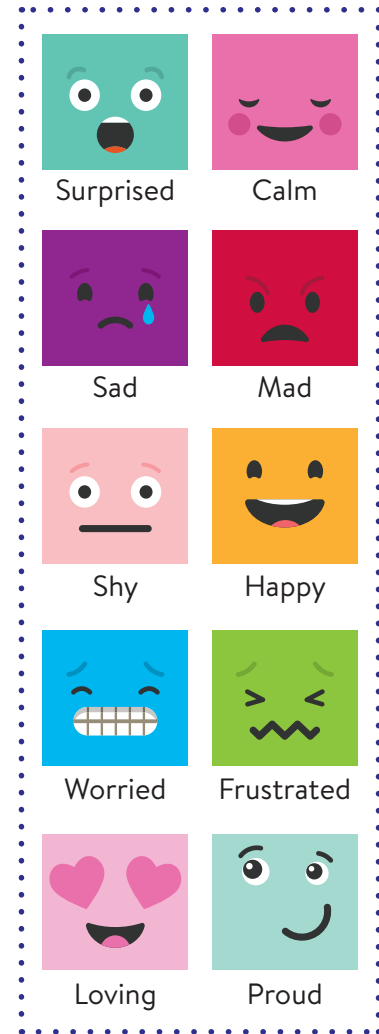
Explore a feeling you are having by filling in the pinwheel. Check out the feelings chart to get you started.

FEELINGS CHART

Surprised	Calm
Sad	Mad
Shy	Happy
Worried	Frustrated
Loving	Proud

Pinwheel:
- My body feels:
- I'm thinking about:
- I respond by:
- I can share this feeling with:
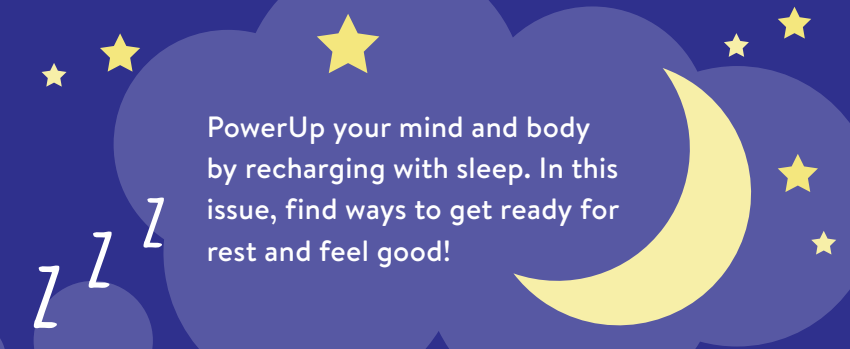- It's because:
- I'm feeling....

EXAMPLE:

I'm feeling... *worried*

It's because: *I have to talk in front of my class*

My body feels: *like my heart is beating fast*

I'm thinking about: *all the different ways it might go*

I respond by: *practicing with my friend to feel more relaxed*

I can share this feeling with: *my teacher, who can give me tips or ideas*

Enjoying the PowerUp Press? Stay connected all year round with the monthly digital newsletter. Sign up at **powerup4kids.org/PowerUpPress**.
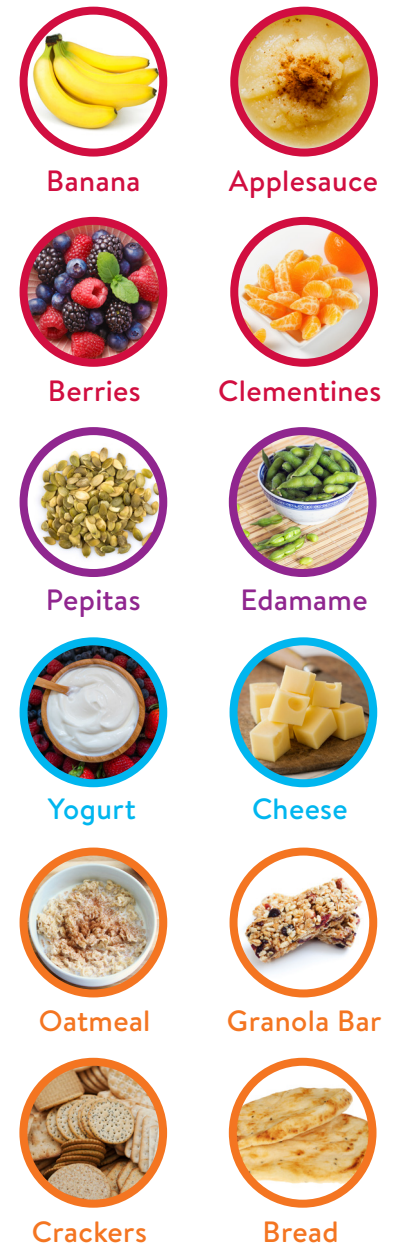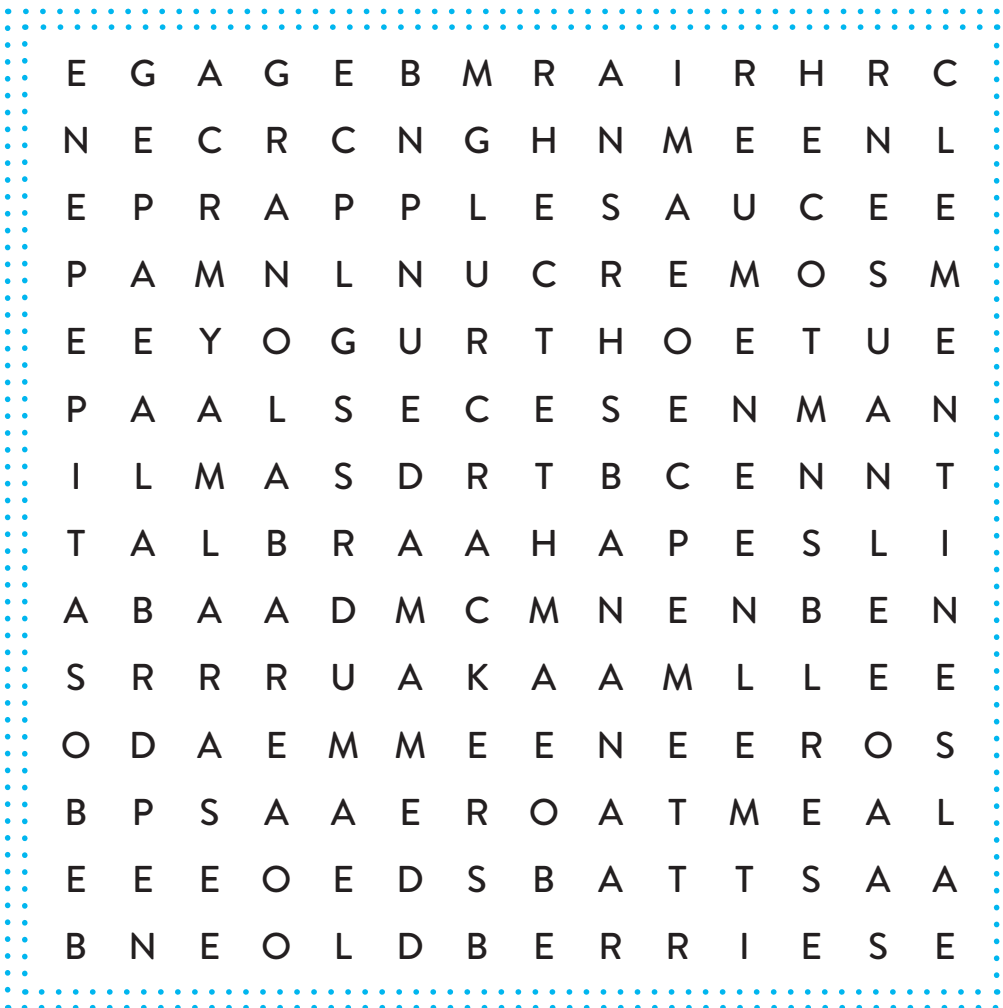

HealthPartners

powerup

PowerUp your mind and body by recharging with sleep. In this issue, find ways to get ready for rest and feel good!

POWERUP PRESS | SPRING ISSUE

Easy snacks before bed can be a part of a nighttime routine that helps us relax and feel ready for a good night's sleep. For snack time, pick a tasty mix of foods from 2-3 food groups for the variety and balance our bodies love. Find ideas in the "Bedtime Bites Word Search" list. What mix of foods look good to you?

BEDTIME BITES WORD SEARCH

```
E G A G E B M R A I R H R C
N E C R C N G H N M E E N L
E P R A P P L E S A U C E E
P A M N L N U C R E M O S M
E E Y O G U R T H O E T U E
P A A L S E C E S E N M A N
I L M A S D R T B C E N N T
T A L B R A A H A P E S L I
A B A A D M C M N E N B E N
S R R R U A K A A M L L E E
O D A E M M E E N E E R O S
B P S A A E R O A T M E A L
E E E O E D S B A T T S A A
B N E O L D B E R R I E S E
```

- Banana
- Applesauce
- Berries
- Clementines
- Pepitas
- Edamame
- Yogurt
- Cheese
- Oatmeal
- Granola Bar
- Crackers
- Bread

Answers inside

HealthPartners

Food groups: ● Fruit ● Protein ● Dairy/Calcium ● Grain

BEDTIME BINGO

Explore bedtime activities and find what feels good for your family. Try for 5 in a row (or more) over a day, week or month. Which ideas became the stars of your sleep routine?

B	I	N	G	O
BRING THE FUN Playful ideas for nightly tasks	**IMAGINE THAT** Snuggle up with stories, songs and sharing	**NIGHTLY MOVES** Games and activities that create joy through movement	**GRATITUDE & CONNECTION** Simple ways to share thanks and feel connected	**OFFLINE EVENING** Device-free activities to help get minds and bodies ready for rest
Pick-up parade: March toys back to their spots with fun music and cheers.	**Page to stage:** Act out the story from the book you are reading or one you make up.	**Balloon keepie-uppie:** Alone or as a family, keep a balloon in the air as long as you can.	**Bedtime bond:** Make up a special hug and handshake to do before bed each night.	**Snuggle spot:** Create a comfy space with pillows and blankets.
Simon smiles: A toothbrushing version of Simon says – copy my toothbrushing moves.	**Book nook:** Read in a fort.	**Snooze-time stretches:** Stretch your arms and legs and hold for 10 seconds.	**Daily delight:** Share what made you smile or laugh today.	**Peaceful puzzle:** Work on a puzzle together.
Bathtime boost: Add ice, food coloring or glow sticks.	**Tune tales:** Make up your own song about your day, your stuffed animal, or the room you are in.	FREE SPACE	**Acts of kindness:** Name three ways you can show kindness tomorrow.	**Around-the-room ABCs:** Name things starting with each letter of the alphabet.
Speedy PJs challenge: Change into your PJs as fast as you can.	**Popcorn storytelling:** Start telling a story, "pop" it to others and build a lively tale together.	**Floor is lava:** Hop from pillows, furniture or safe-spots to avoid the "lava" floor.	**Gratitude moment:** Write or say three things and/or people you are grateful for.	**Dreamy doodles:** Draw or color something that makes you smile.
Tub tunes: Play music while in the bath or shower.	**Joyful jams:** Have a living room concert and sing your favorite songs.	**Family dance party:** Put on music to move and groove together.	**Challenges chat:** Talk about one thing that was hard today and how it made you feel.	**Rock & roll:** Get into a ball shape on the floor, hold your knees, and gently rock and roll.

SLEEPYTIME STATS

If you add up all the hours spent sleeping in a lifetime, it is a grand total of **229,961 hours** or **26.5 years**

When you sleep, you are not doing nothing. Our brains and bodies are actively growing, storing memories and getting stronger!

We move around **10 - 40 times** while we sleep

After waking up, most people quickly forget their dreams

Movement before bed can help you fall asleep faster and sleep better

Bedtime Bites word search answers

E	G	A	G	E	B	M	R	A	I	R	H	R	C
N	E	C	R	C	N	G	H	N	M	E	E	N	L
E	P	R	A	P	P	L	E	S	A	U	C	E	E
P	A	M	N	L	N	U	C	R	E	M	O	S	M
E	E	Y	O	G	U	R	T	H	O	E	T	U	E
P	A	A	L	S	E	C	E	S	E	N	M	A	N
I	L	M	A	S	D	R	T	B	C	E	N	N	T
T	A	L	B	R	A	H	A	P	E	S	L	E	I
A	S	A	A	D	M	C	M	N	E	N	B	E	N
S	O	D	A	E	M	M	E	N	E	N	E	R	E
B	P	S	A	A	E	R	O	A	T	M	E	A	L
E	E	E	O	E	D	S	B	A	T	T	S	A	A
B	N	E	O	L	D	B	E	R	R	I	E	S	E