

## “Crawford Is A ‘Good Nighter’”

**Content Area:** Personal & Consumer Health

**Lesson:** Healthy Sleep Habits

**Grade Level:** Grades K-1



Crawfordthecat.com

## Synopsis

Students view “**Crawford Is A ‘Good Nighter’**” - 5 minute video.

Students learn about daily routines (habits) that can be practiced to make us healthier and happy. Students learn the steps of a good bedtime routine and the benefits of a restful night of sleep. Students share their own personal bedtime routines or propose a new one.

(Option) Students identify activities that are good to include in a bedtime routine.