

# POWER POSTER

Light blue rounded rectangular box for writing.

White cloud-shaped box with a teal border for writing.

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# POWER GUIDE

SLEEP

## MISSION OBJECTIVE

Even superheroes need sleep! Your brain recharges when you rest. Good sleep helps you think clearly, feel better, and grow strong. Wind down, power down, and get your 8-10 hours of Zzz's!

## INSTRUCTIONS

You get to create your own Power Poster with steps to do before going to bed. Put what you are doing before bed on the pillow and draw yourself doing it in the dream cloud! You will make at most five steps.

## INSTRUCTIONS

These steps can be easy like brushing your teeth or taking a bath. Be sure to also follow these steps to help you get your 8-10 hours of sleep. You will earn your Relaxed Hero Badge when finished!

