

## **How does sleeping affect my Growth?**

Did you wake up on the wrong side of the bed? Sleeping is sometimes taken for granted. This booth explains how important sleep is to our physical development as it shows how we grow while we sleep. It also explains how our sleeps affects our emotional wellbeing. There is an interactive yoga mat activity to teach you ways to sleep better. Come see our group to learn how sleep works, how much sleep do you need by age, what happens during sleep and get some helpful tips to sleep better!