

Daily Meeting

DECEMBER 7, 2021

FUN FACT OF THE DAY

You can do anything if you set goals, you just have to push yourself



Question of the Day

What is the most difficult portion of your unit?

Objective of the Day

List an example of perseverance

----->

SHARE OUT



Perseverance is the ability to keep doing something in spite of obstacles. What is an example of perseverance? What does perseverance mean to you?

"An example of showing perseverance is when..."

"Perseverance to me means..."

Morning Meeting

JANUARY 20 , 2022

FUN FACT OF THE DAY

In 19⁸⁷, construction began on a grand new hotel in North Korea's capital, Pyongyang. Construction was never finished. The Ryugyong Hotel is the world's tallest unoccupied building.



JOKE OR PUZZLE OF THE DAY

You are nearing the end of your marathon. You pass the 2nd place runner right before you cross the finish line. In what place did you finish?

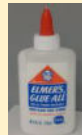
THINK ABOUT IT

A Spot of Worry (6:34)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What is the difference between a useful worry and a spinning worry? Who can you go to for help with a spinning worry?

"Useful worries are..."

"Spinning worries are..."

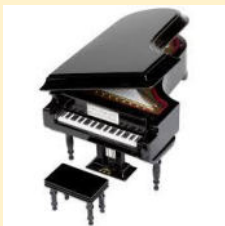
"For help with spinning worries, I can go to..."

Morning Meeting

JANUARY 21, 2022

FUN FACT OF THE DAY

There are 88 total
keys on a piano.
(36 black and 52 white)



JOKE OR PUZZLE OF THE DAY

Think of a number. Double it.
Add ten. Half it. Take away the
number you started with.
What is your number?

THINK ABOUT IT

Don't Quit: (1:22)



SHARE OUT



Can you think of a
time you wanted to
give up but you kept
going?

“Is is important not to
quit because.....”

POLL OF THE DAY

Which do you prefer?

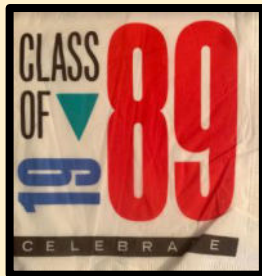


Morning Meeting

JANUARY 24, 2022

FUN FACT OF THE DAY

Mrs. Bryan graduated from high School in 1989.



THINK ABOUT IT

Teamwork: (1:37)



SHARE OUT



Teamwork involves working together with other people to get to an end goal. Why is teamwork important?

“Teamwork is important because...”

“Teamwork to me means...”

JOKE OR PUZZLE OF THE DAY

Winter Anagrams

Boost _____

Forts _____

Steel _____

POLL OF THE DAY

Which do you prefer?



Morning Meeting

JANUARY 25, 2022

FUN FACT OF THE DAY

In Major League Baseball, the bases are 90 feet apart.



THINK ABOUT IT

Making Good Choices: (1:51)



SHARE OUT



Think of a time when you had to make a choice. Was it easy or hard?

"It is important to reflect on our choices because..."

JOKE OR PUZZLE OF THE DAY

Winter Anagrams

What _____

Owens _____

Could _____

POLL OF THE DAY

Which do you prefer?



Morning Meeting

JANUARY 26, 2022

FUN FACT OF THE DAY

If you add a penny, a nickel, a dime, a quarter, and a half dollar you will have 91 cents.



JOKE OR PUZZLE OF THE DAY

Transportation Anagrams

Scar _____

Ocean _____

Struck _____

THINK ABOUT IT

How to Manage Stress: (2:31)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



How do you typically deal with stress?

"When I am stressed, I..."

"It is important to talk to someone when you are stressed because..."

Morning Meeting

JANUARY 27, 2022

FUN FACT OF THE DAY

Disney's 19⁹² animated version of Aladdin was originally to be set in Baghdad but the studio was forced to change it due to the outbreak of the Gulf War. They scrambled the letters in Baghdad to create the fictional city of Agrabah.



JOKE OR PUZZLE OF THE DAY

Transportation Anagrams

Stank _____

Hips _____

Sub _____

Restock _____

THINK ABOUT IT

A Little Spot of Anger (4:14)



SHARE OUT



When was a time your angry spot showed up? What is something you can do to calm your angry spot?

“A time when my angry spot showed up was...”

“To calm my angry spot I can...”

POLL OF THE DAY

Which do you prefer?



Morning Meeting

JANUARY 28, 2022

FUN FACT OF THE DAY

The sun is approximately
93 million miles
from the Earth.



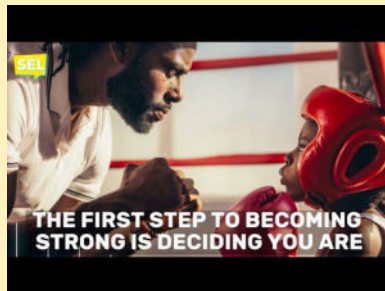
JOKE OR PUZZLE OF THE DAY

School Anagrams

Dear _____
Cheat _____
Broad _____
Dusty _____

THINK ABOUT IT

Be Strong! (1:21)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



Being strong can
mean different
things...

Questions are from
the Video

1. What makes you
strong?

2. Think of time when
you showed strength
(physically, mentally or
emotionally) and
share what
happened?

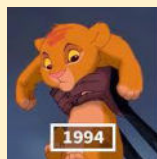


Morning Meeting

JANUARY 31, 2022

FUN FACT OF THE DAY

The Lion King cartoon debuted in 1994.



The digital version debuted in 2019.

JOKE OR PUZZLE OF THE DAY

Farm Anagrams

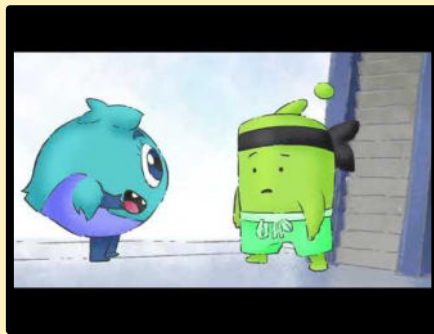
Corps _____

Bran _____

Gosh _____

THINK ABOUT IT

Big Challenges 1/3: (2:36)



SHARE OUT



Has a friend ever helped you with something that you were scared of doing?

“One time a friend helped me ...”

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 1, 2022

FUN FACT OF THE DAY

Lightning McQueen's race car number is 95.



JOKE OR PUZZLE OF THE DAY

Farm Anagrams

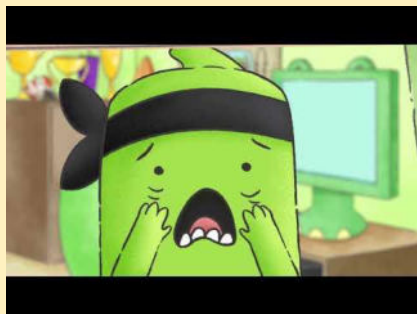
Oils _____

Balm _____

Danger _____

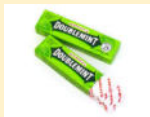
THINK ABOUT IT

Big Challenges 2/3: (3:06)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What is something that has gotten easier for you to do over time?

“One thing that was hard before, but is easier now is ...”

“I’m getting better at ...”

Morning Meeting

FEBRUARY 2, 2022

FUN FACT OF THE DAY

In 1996,
Tickle Me
Elmo was a
popular
toy for
kids.



JOKE OR PUZZLE OF THE DAY

Hink Pinks

Hibernation

D _____ S _____

Groundhog doesn't see is shadow

B _____ S _____

THINK ABOUT IT

Big Challenges 3/3: (3:08)



SHARE OUT



What's one thing
you want to try doing
that may be
challenging?

“One thing I want to
try is ...”

“Being brave is
important
because....”

POLL OF THE DAY

Which do you prefer?

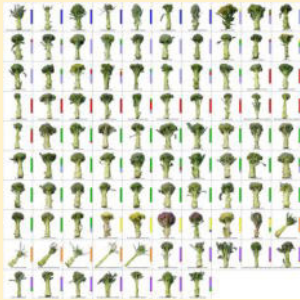


Morning Meeting

FEBRUARY 3, 2022

FUN FACT OF THE DAY

In 2019, a scientist grew 97 different kinds of broccoli.



JOKE OR PUZZLE OF THE DAY

What could
this mean?



ABCDEFGHIJKLMNOPQRSTUVWXYZ

THINK ABOUT IT

"The Story of Two Seeds" (1:57)
(Read story with younger students)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



Determination

What are the
differences between
the two seeds?

How does what we
think affect the way
we act?

Thinking positive is
important
because_____.

Morning Meeting

April 12, 2022

FUN FACT OF THE DAY

98.6 degrees Fahrenheit
is our normal
body temperature.



JOKE OR PUZZLE OF THE DAY

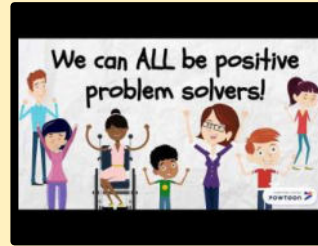
What could
this mean?



YOUR TIME

THINK ABOUT IT

“Steps To Positive Problem
Solving” (2:54)



SHARE OUT



Problem Solving
What were the steps
to Positive Problem
Solving? When was a
time you could have
used these steps to
solve a problem?

The steps to Positive
Problem Solving are...”

“A time that I could have
used these steps to solve a
problem was when...”

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 7, 2022

FUN FACT OF THE DAY

There is a restaurant in Melbourne, Australia that serves a pizza with 99 different kinds of cheese.



It is called the Super Cheese.

THINK ABOUT IT

"Kindness-Together" (1:50)



SHARE OUT



Kindness Changes the World

Answer one of the following...

What does kindness mean to you?

How can you commit to doing something kind everyday?

What is something kind you have done lately?

JOKE OR PUZZLE OF THE DAY

What could this mean?



POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 8, 2022

FUN FACT OF THE DAY

There are 100 letter tiles in a game of Scrabble.



JOKE OR PUZZLE OF THE DAY

What could this mean?



THINK ABOUT IT

Friendship Soup (3:13)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What ingredients would you add to your friendship soup? Why are these ingredients important to your relationships with your friends?

"I would add ____ to my friendship soup."

"These ingredients are important to my relationships with my friends because..."

Morning Meeting

FEBRUARY 9, 2022

FUN FACT OF THE DAY

In 19⁶¹, Disney released 101 Dalmatians.



JOKE OR PUZZLE OF THE DAY

How did the telephone ask his girlfriend to marry him?

THINK ABOUT IT

Kids Talk Gratitude (1:14)



SHARE OUT



Why is it important to show gratitude? Or to say thank you?

"It is important to say thank you because...."

"It is important to show gratitude because..."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 10 , 2022

FUN FACT OF THE DAY

The Mayflower had 102 passengers, 74 male and 28 female.



JOKE OR PUZZLE OF THE DAY

What did one volcano say to the other?

THINK ABOUT IT

Being Respectful: (1:24)



SHARE OUT



What are some ways you can show respect?

"I can show respect by..."

"Being respectful is a good character trait to have because..."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 11, 2022

FUN FACT OF THE DAY

There are 103 levels in Nintendo's Super Smash Brothers Game.



JOKE OR PUZZLE OF THE DAY

What do you write in a slug's Valentine's Day card?

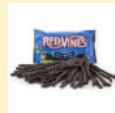
THINK ABOUT IT

Thanks All Around: (1:13)



POLL OF THE DAY

Which do you prefer?



SHARE OUT

Ponder ways to show thanks...



Discuss why it is important to show thanks to someone?

What's an interesting way you can show appreciation to someone?

What are some things you're thankful for today....how will you show thanks for that?

Morning Meeting

FEBRUARY 14, 2022

FUN FACT OF THE DAY

104 quarters =
\$26.00



JOKE OR PUZZLE OF THE DAY

What do you say to an octopus on Valentine's Day?

THINK ABOUT IT

A Spot of Sadness (4:52)



SHARE OUT



"What can you do to help someone calm his/her/their sadness spot? What can you do to help calm your own sadness spot?"

"I can help someone calm his/her/their sadness spot by..."

"I can help myself calm my sadness spot by..."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 15, 2022

FUN FACT OF THE DAY

There are 105 counties in Kansas.



THINK ABOUT IT

Moods and Attitudes 1: (3:12)



SHARE OUT



What is something that helps you feel better if you're in bad mood?

"Something that helps me feel better is ..."

"One thing that puts me in a good mood is ..."

JOKE OR PUZZLE OF THE DAY



=



=



+



= 8



+



= 7



+



= 8



+



= ?



=



=

POLL OF THE DAY

Which do you prefer?

1



2



Morning Meeting

FEBRUARY 16, 2022

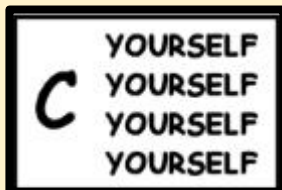
FUN FACT OF THE DAY

Carlos Silver from the Dominican Republic set the world record of singing the longest by singing continuously for 106 hours.



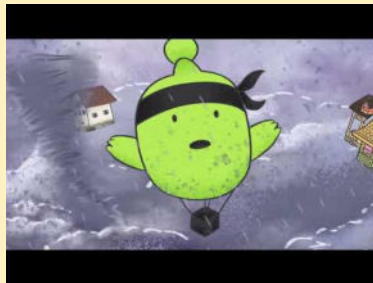
JOKE OR PUZZLE OF THE DAY

What could this mean?



THINK ABOUT IT

Moods and Attitudes 2: (3:04)



SHARE OUT



Do you think you can choose to be in a good mood or a bad mood? Why or why not?

"I think you can choose to be in a good or bad mood because ..."

"I don't think you can choose your mood because ..."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 17, 2022

FUN FACT OF THE DAY

Georgia Scorchers is a 107 foot tall, stand up roller coaster.



THINK ABOUT IT

Moods and Attitudes 3: (3:48)



SHARE OUT



How can you have a positive attitude?

“You can have a positive or good attitude by...”

JOKE OR PUZZLE OF THE DAY

	=		=	 +  = 24
				 +  = 15
	=		=	 +  = 14
				 +  = ?

POLL OF THE DAY

Which do you prefer?

1



2



Morning Meeting

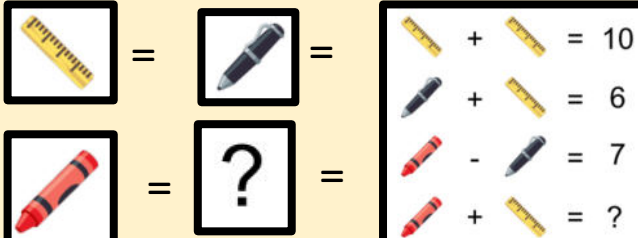
FEBRUARY 22, 2022

FUN FACT OF THE DAY

An official MLB baseball has 108 stitches.



JOKE OR PUZZLE OF THE DAY



THINK ABOUT IT

A Little Spot of Confidence
(6:31)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



"What can you do to help your confidence spot grow?"

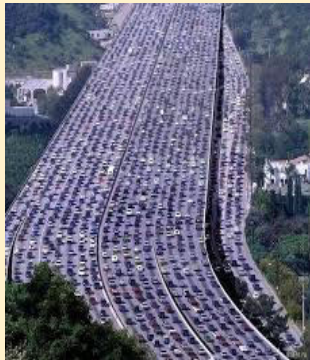
"To help my confidence spot grow I can..."

Morning Meeting

FEBRUARY 23, 2022

FUN FACT OF THE DAY

The longest traffic jam in the world was in Paris, France in 1980. It stretched for 109 miles.



THINK ABOUT IT

Self Esteem: (1:48)



SHARE OUT



Self Esteem is a person's overall sense of self worth or personal value.

What does self esteem mean to you?

Imagine you have a friend with low self esteem, how might you help them boost their self esteem?

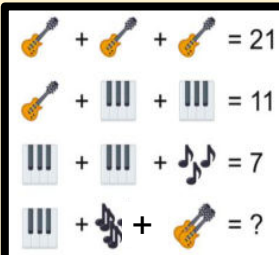
JOKE OR PUZZLE OF THE DAY



=



=



=



=

POLL OF THE DAY

Which do you prefer?



Morning Meeting

FEBRUARY 24, 2022

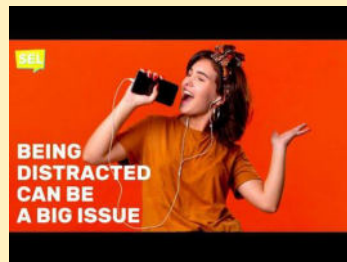
FUN FACT OF THE DAY

The Willis Tower in Chicago is 110 stories tall counting the penthouse and roof.



THINK ABOUT IT

How to Manage Being Distracted (1:20)



SHARE OUT



What does it mean to you to be distracted?

“Distraction means...”

“Some things that can help me focus are...”

JOKE OR PUZZLE OF THE DAY

You knock a chair over in the library, and suddenly 20 eyes are looking at you.

How many people in the library?

POLL OF THE DAY

Which do you prefer?



Morning Meeting

April 6th, 2022

FUN FACT OF THE DAY

For an emergency in New Zealand, people dial 1-1-1.



JOKE OR PUZZLE OF THE DAY



Click on
picture to
enlarge.

THINK ABOUT IT

Being Kind to Others: (1:48)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What are some additional ways you can show kindness to someone this week?

"I can show kindness by...."



Morning Meeting

FEBRUARY 28, 2022

FUN FACT OF THE DAY

Chutters Candy Store in New Hampshire has a 112 foot candy counter..



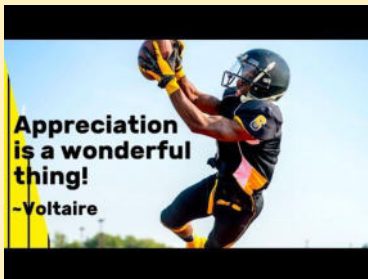
JOKE OR PUZZLE OF THE DAY

Fill in the missing numbers.*

			15
	1	9	14
8		6	16
19	6	20	

THINK ABOUT IT

What is appreciation? (1:31)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What does appreciation mean to you? What is something you appreciate about yourself and why?

“Appreciation means...”

“Something I appreciate about myself is ____ because...”

Morning Meeting

MARCH 1, 2022

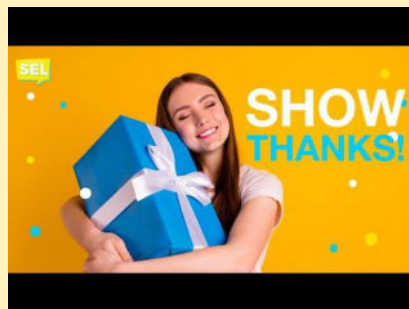
FUN FACT OF THE DAY

In 1999, the
World's
Tallest
Snowman was
built in Maine.
It was 113
feet tall.



THINK ABOUT IT

I am Thankful : (1:31)



SHARE OUT



Discuss a time when
someone thanked
you for something
and how did it make
you feel.

“Someone thanked me
when...”

“It made me feel...”

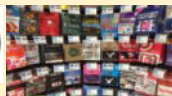
JOKE OR PUZZLE OF THE DAY

Fill in the
missing
numbers.*

1		9	14
	8	2	16
			15
10	17	18	

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 2, 2022

FUN FACT OF THE DAY

The hottest temperature ever recorded in Kentucky, Louisiana, Minnesota and Wisconsin is 114 degrees Fahrenheit.



JOKE OR PUZZLE OF THE DAY

Fill in the missing numbers.*

2			16
	3		15
4	9		14
13	20	12	

THINK ABOUT IT

Showing Thanks: (1:34)



POLL OF THE DAY

Which do you prefer?

1



2



SHARE OUT



Think of a time when someone did something for you, how did you thank them?

"I showed thanks by...."

"I thanked them by...."

Morning Meeting

MARCH 3, 2022

FUN FACT OF THE DAY

The Mull of Galloway lighthouse in Scotland has 115 steps. You receive a certificate of completion when you reach the top.



THINK ABOUT IT

Empathy (Part 1/3): (4:48)



SHARE OUT



How was Mojo treating the other monsters? If Mojo wants the show to go well, what should he do?

“Mojo was being ___ because ...”

“If Mojo wants the show to go well, he should ...”

JOKE OR PUZZLE OF THE DAY

Fill in the missing numbers.*

		7	22
	8		13
	4	5	10
12	18	15	

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 4, 2022

FUN FACT OF THE DAY

Hester Ford was 116 years old when she died this past April 2021. She lived in Charlotte, North Carolina.



THINK ABOUT IT

Empathy (Part 2/3): (3:52)



SHARE OUT



It's important to think about others and be aware of their feelings. What's something you can do to show someone you care about them?

"One thing I can do to show someone I care about them is ..."

JOKE OR PUZZLE OF THE DAY

Fill in the missing numbers.*

			15
4	9	6	19
2		8	11
9	17	19	

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 7, 2022

FUN FACT OF THE DAY

A chinese dragon is usually drawn with 117 scales.



THINK ABOUT IT

Empathy (Part (3/3): (4:59)



SHARE OUT



What did Mojo do to try to help Katie feel better? What does it mean to “imagine being in someone else’s shoes?”

“Mojo helped Katie feel better by ...”

“Being in someone else’s shoes means...”

JOKE OR PUZZLE OF THE DAY



Can you find a sloth, cow, otter, duck, moose, and a koala?

Click on picture to enlarge.

POLL OF THE DAY

Which do you prefer?





Can you
find a
sloth,
cow,
otter,
duck,
moose,
and a
koala?

Morning Meeting

MARCH 8, 2022

FUN FACT OF THE DAY

There are 118 grooves on the edge of a dime.

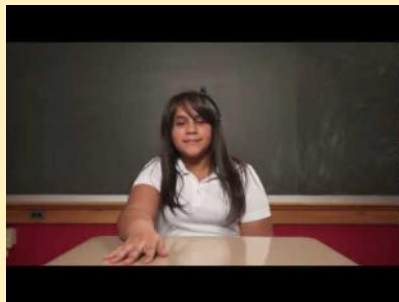


JOKE OR PUZZLE OF THE DAY

Six children were measured: **L**, **B**, **D**, **C**, **W** and **Z**. **W** is taller than **D** but shorter than **Z**. **L** is taller than **B** but shorter than **D** and **W**. **B** is not the shortest. List their names from tallest to shortest.

THINK ABOUT IT

What is Empathy? (2:43)



SHARE OUT



What is empathy?

"To me empathy means...."

"An example of empathy is...."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 9, 2022

FUN FACT OF THE DAY

There are 119 grooves on the edge of a quarter.



JOKE OR PUZZLE OF THE DAY

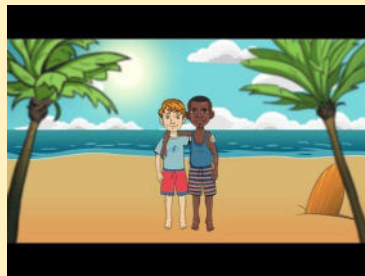
What could this mean?



dodo list

THINK ABOUT IT

Building Empathy for Kids: (2:58)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



Empathy, the ability to understand and share the feelings of another.

After watching the video, ask students to give an example of how they would have handled the situation.

"I would....."

Morning Meeting

MARCH 10, 2022

FUN FACT OF THE DAY

An official
NBA
basketball
goal is 120
inches
(10 feet) high.



THINK ABOUT IT

Setting and Achieving Goals: (2:24)



SHARE OUT



What are some
short-term goals that
you can set for
yourself?

"My short-term goals
are..."

"I can achieve my
short-term goals by..."

JOKE OR PUZZLE OF THE DAY

What could
this mean?



TABLE
TABLE
TABLE
TABLE
COME

POLL OF THE DAY

Which do you prefer?

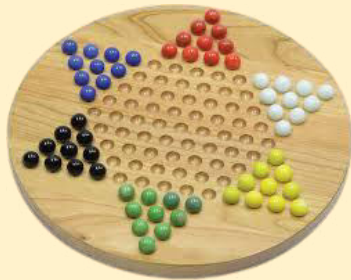


Morning Meeting

MARCH 11, 2022

FUN FACT OF THE DAY

A Chinese checkerboard has 121 holes.



THINK ABOUT IT

Managing Conflict: (2:10)



SHARE OUT



Why do you think it is important to have good resolution skills?

“It is important to have good resolution skills because...”

JOKE OR PUZZLE OF THE DAY

Hinky Pinkies

Lollipop dropped on the beach

S _____ C _____

A bad breakfast food

A _____ W _____

POLL OF THE DAY

Which do you prefer?



Morning Meeting

April 5th, 2022

FUN FACT OF THE DAY

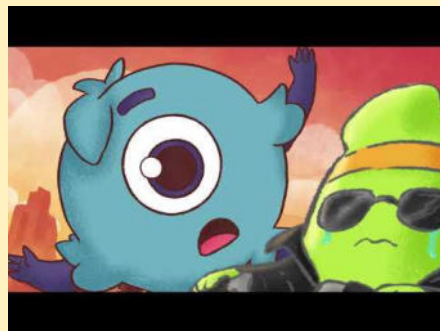
The oldest person ever to have lived is **Jeanne Calment**. She lived to be 122.



She was still riding a bike when she was 100.

THINK ABOUT IT

Optimism 1/3: (3:21)



SHARE OUT



Do you have any fears? Do those fears make you worry?

“One of my fears is...”

“Sometimes it makes me...”

JOKE OR PUZZLE OF THE DAY

Hinky Pinkies

A big hill that spits out water

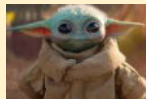
M _____ F _____

A fruit that needs to shave

H _____ B _____

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 15, 2022

FUN FACT OF THE DAY

3 quarters + 3 dimes +
3 nickels + 3 pennies =
123 cents



JOKE OR PUZZLE OF THE DAY

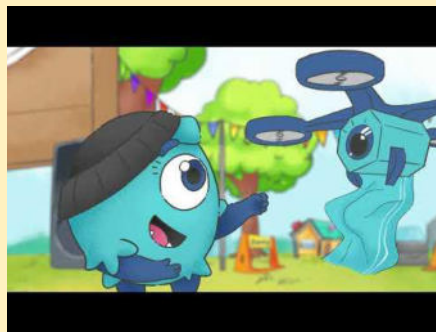
Hinkity Pinkity

Do not forget the 12th month of
the year.

R _____ D _____

THINK ABOUT IT

Optimism 2/3: (2:59)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What happens when
your negative
thoughts get out of
control?

“One thing I should do
is....”

“One thing I can do
is....”

Morning Meeting

MARCH 16, 2022

FUN FACT OF THE DAY

Thacher Island in Massachusetts has twin lighthouses that are 124 feet tall.



THINK ABOUT IT

Optimism 3/3: (3:32)



SHARE OUT



It's good to focus on the positive things in your life. What's one thing that went well today?

"One thing that went well today was..."

"I was happy when..."

JOKE OR PUZZLE OF THE DAY

How can you tell if a potato is not from Ireland?

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 17, 2022

FUN FACT OF THE DAY

125 dimes = \$12.50



JOKE OR PUZZLE OF THE DAY

Why did the leprechaun
go outside?

THINK ABOUT IT

Using Polite Language
(2:51)



SHARE OUT



What are some polite words you can use at school and/or at home? How does it make you feel when people use polite words? Think of times you can use polite words.

"One polite word is ____."

"I feel ____ when people use polite words."

I can use polite words when ____."

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 21, 2022

FUN FACT OF THE DAY

An 18 year old girl from Nepal set the world record for dancing solo continuously for 126 hours.



THINK ABOUT IT

Always Be a Good Sport (2:47)



SHARE OUT



When you play a game with others, what are some ways to be a good sport?

What are examples of being a poor sport?

“One way to be a good sport is...”

“One example of being a poor sport is...”

JOKE OR PUZZLE OF THE DAY

Hink Pinks

Fast baby chicken

Q _____ C _____

Greatest bird's home

B _____ N _____

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 22, 2022

FUN FACT OF THE DAY

A man in
Alaska once
grew a
cabbage
that
weighed 127
pounds!



THINK ABOUT IT

Pay Attention While the
Teacher is Teaching (1:51)



SHARE OUT



What is your body doing
when you are paying
attention to the teacher?
(eyes, ears, mouth, hands, feet,
brain, etc.)

Show what it looks like
when you are paying
attention to the teacher.
Show what it doesn't look
like.

JOKE OR PUZZLE OF THE DAY

Hink Pinks

Path of Slimy Slugs

S _____ T _____

Tree Part Stealer

L _____ T _____

POLL OF THE DAY

Which do you prefer?



"My eyes/ears/mouth/hands
are..."

"My brain is..."

Morning Meeting

MARCH 23, 2022

FUN FACT OF THE DAY

There are 128 fluid ounces in a gallon.



JOKE OR PUZZLE OF THE DAY

What flower does everyone have on their face?

THINK ABOUT IT

Managing Impulsivity (4:26)



SHARE OUT



Think about how you talk to people. How might others respond to you if you use a polite tone of voice and kind words? How might others respond to you if you use hurtful words or an impolite tone of voice?

“When I use a polite voice and kind words, people might respond by...”

“If I use hurtful words or an impolite voice, people might respond by...”

POLL OF THE DAY

Which do you prefer?



Morning Meeting

MARCH 24, 2022

FUN FACT OF THE DAY

Norris Lake in Tennessee
is 129 miles long.



JOKE OR PUZZLE OF THE DAY

What kind of book does a
rabbit like at bedtime?

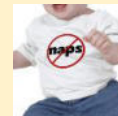
THINK ABOUT IT

Get a Good Night's Sleep
(3:05)



POLL OF THE DAY

Which do you prefer?



SHARE OUT



What are some things
that help you to get a
good night's sleep?
What might happen if
you don't get a good
night's sleep?

"One thing that helps
me get a good night's
sleep is..."

"If I don't get a good
night's sleep, then..."

End of Quarter 3