



WELCOME TO THE ZZZZZOO

Different animals snooze for different amounts of time. Color in each animal. Then, guess how much sleep they need each day!



HUMAN

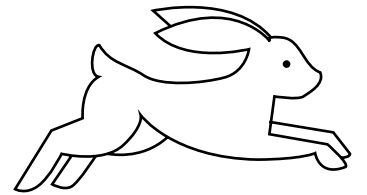
KID ___ to ___ hours

ADULT ___ to ___ hours



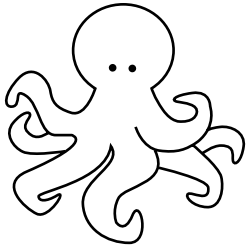
BAT

___ hours



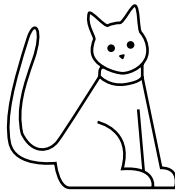
RABBIT

___ hours



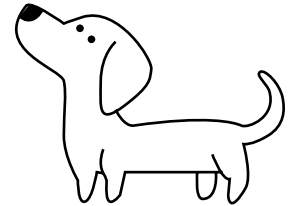
OCTOPUS

___ to ___ hours



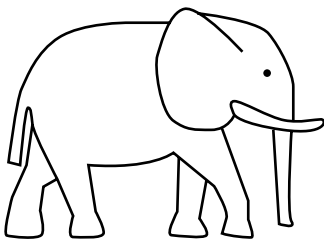
CAT

___ to ___ hours



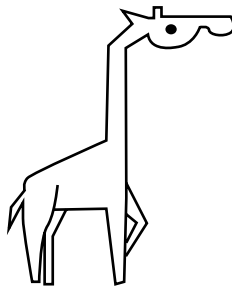
DOG

___ to ___ hours



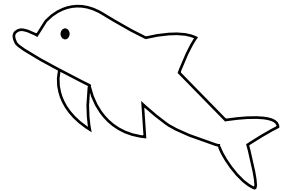
ELEPHANT

___ to ___ hours



GIRAFFE

___ minutes



DOLPHIN

___ hours

To help you fall asleep try reading, singing or some meditation and avoid screen time before bed.