

# SLEEP REWARDS CHART

MONTH OF \_\_\_\_\_

MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY REWARDS



4 – 6 YEAR OLDS  
NEED AT LEAST  
**10 HOURS**  
OF SLEEP.



Learn more at  
[goodsleep.sg](http://goodsleep.sg)

# SLEEP REWARDS CHART

## INSTRUCTIONS

1. Agree on a reward with your children.
2. Give a sticker to your children for each day that they have gone to bed on time or slept sufficient hours.
3. Reward your children if they have collected all 7 stickers for the week.

## SOME OTHER WAYS TO REWARD YOUR CHILDREN



### DAILY REWARDS

- Doing a puzzle together.
- Giving them their favourite hot drink.
- Coloring a page from their favourite colouring book.
- Granting them extra time to play.
- Reading them a bedtime story.
- Giving them a kiss or hug.



### WEEKLY REWARDS

- Building a fort at home.
- Riding a bike or scooter in the nearby park.
- Baking a recipe of their choice together.
- Visiting a museum.
- Going to the beach for the sun and fun.
- Choosing what's for dinner.
- Enjoying an art session together.
- Giving them a healthy snack treat.



### MONTHLY REWARDS

- Watching a film together as a family.
- Visiting the Zoo.
- Having a playdate with their best friend.