

It's important for growing kids to get a good night's sleep! What has kept you up at night? A baby brother crying? Too much sugar before bed? Kids in poverty have barriers to good sleep, too. Hunger can keep them awake. So can a crowded bed they have to share with their family or not having air conditioning to cool down stuffy air. Sometimes feeling worried or scared might keep them up at night, just like you. Complete the maze below to find the path that leads to good sleep. Avoid the obstacles along the way!

