

THE BENEFITS OF SLEEP



Keeps the immune system in balance

Helps boys to be manly

Helps the brain to work better.

Helps body fight against heart disease, cancer, colds & flu

Helps to control weight

Helps to lessen the risk of diabetes

Refreshes you



- Yellow
 - 1 Red
 - 2 Orange
 - 3 Flesh
 - 4 Green
 - 5 Light Blue
 - 6 Dark Blue
 - 7 Purple
 - 8 Brown
 - 9 Black
- Colour the picture by following the colour code