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Julia Loves to Sleep!

1. Adjective _____
2. Noun _____
3. Noun Plural _____
4. Adverb _____
5. Adverb _____
6. Number _____
7. Verb Base Form _____
8. Noun Plural _____
9. Noun _____
10. Number _____
11. Noun Plural _____
12. Adjective _____
13. Noun _____
14. Noun _____
15. Verb Present Ends In Ing _____
16. Noun _____
17. Adjective _____
18. Part Of Body _____

Julia Loves to Sleep!

One of Julia's favorite things to do is sleep!! She gives her top 5 recommendations to follow if you want a/an _____Adjective_____ night's sleep.

1. She likes to open her _____Noun_____ and fill her room with fresh _____Noun Plural_____ and then, exhale _____Adverb_____.

2. She also says to exercise _____Adverb_____ at least _____Number_____ minutes a day. Doctors recommend a combination of push-ups and _____Verb Base Form_____ -ups, jumping _____Noun Plural_____, and of course, deep _____Noun_____ bends. Julia's favorite exercise is lifting _____Number_____ pound _____Noun Plural_____.

3. Next Julia says to drink a/an _____Adjective_____ glass of warm _____Noun_____ a half hour before turning off your _____Noun_____.

4. If all else fails, Julia will count sheep _____Verb Present ends in ING_____ over a/an _____Noun_____.

5. Her last, and most _____Adjective_____ tip: Never go to bed on an empty _____Part of Body_____.

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