

# December NEWSLETTER

## Rachel's Tip!

### RACHEL IS THINKING OF A GOAL.

A goal is something you want to do, be or have. Goals are important because they help us to come up with a plan to accomplish things we want to do. They teach us how to work hard, focus, use our strengths or to help others. They are important to help our minds grow and when we reach them, they make us feel proud and strong!



95210+you



SET A GOAL!

## Activity

### LET'S SET A GOAL TOGETHER.

In gym class or at home, let's see how many sit-ups we can do in 30 seconds. Time yourself every week and write down how many you have done. Can you try and do at least one more sit up every time? **You got this!**

WEEK 1: \_\_\_\_\_ SIT-UPS

WEEK 2: \_\_\_\_\_ SIT-UPS

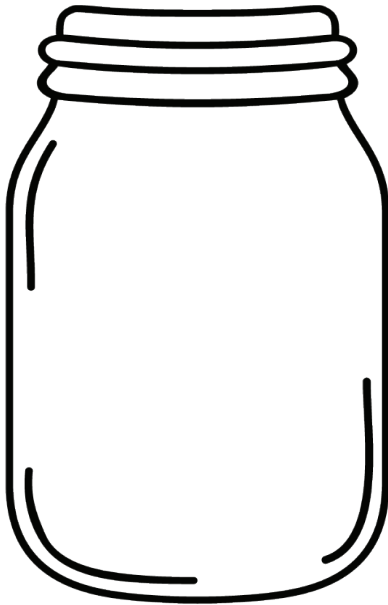
WEEK 3: \_\_\_\_\_ SIT-UPS

WEEK 4: \_\_\_\_\_ SIT-UPS

## Be Your Best YOU!

### GRATITUDE JAR!

Can you think of some things you are thankful for? Draw or write them in the jar below. Try and fill the jar with things that make you happy!



# first night buffalo®

First Night Buffalo is back and bringing the party to you! Ring in the New Year on December 31st from the comfort of your home! For more information on this year's event visit [www.firstnightbuffalo.org!](http://www.firstnightbuffalo.org!)

**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

2023-2024 | 3-5

# Challenge:

Snowflakes are all different and unique—not one of them are exactly the same. Just like you, that's what makes each and every one of us special! Can you think of a goal you want to work toward? Let us know why it is important to you and who you can ask to help you!



The goal I want to set is:



\_\_\_\_\_

I know that \_\_\_\_\_ will help me work toward my goal.



This goal is important to me because:

\_\_\_\_\_

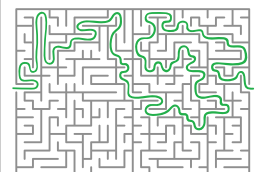
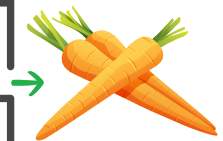
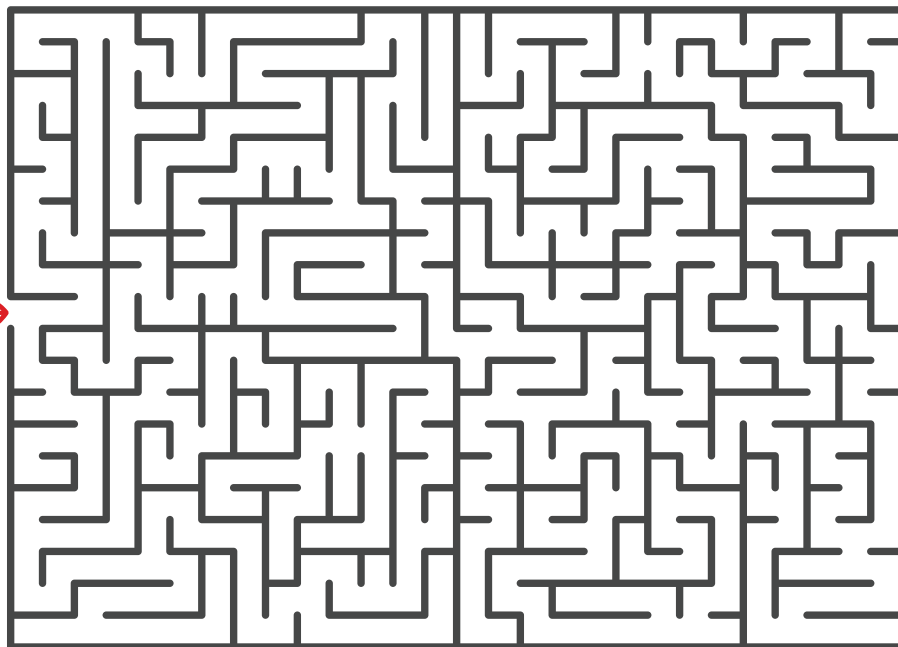
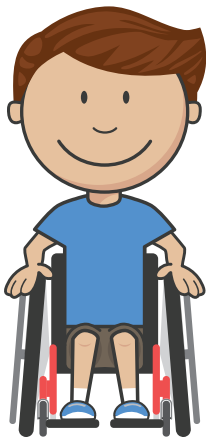
When it gets hard to reach my goal I will:

\_\_\_\_\_



## HELP ALEX REACH HIS GOAL!

Alex's goal is to eat more vegetables. Help Alex find the carrots.



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

