

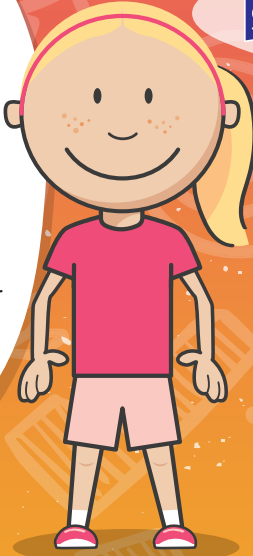
December

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!

AN ATTITUDE OF GRATITUDE!

Can you think of something you are thankful for today? Maybe it was your morning waffles, the bus ride to school, or seeing your friend in gym class. Before you go to bed every night this week, try and think of something you are thankful for! Color in one of the pictures you were grateful for today!



Family



School



Friends



Sunshine



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!

Fitness for Kids CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: www.FitnessForKidsChallenge.com

2023-2024 | K-2

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 draw a picture of a goal you would like to set for this year in the snowflake below? Then from the list on each side, circle what and who will help you reach that goal.

What will help me reach my goal?

Practice

Help from others

Taking action

Doing my best

Not giving up

Making a plan



Who will help me reach my goal?

Teacher

Friend

Parent

Family Member

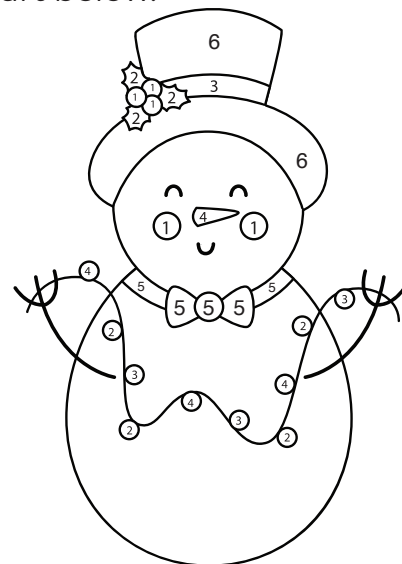
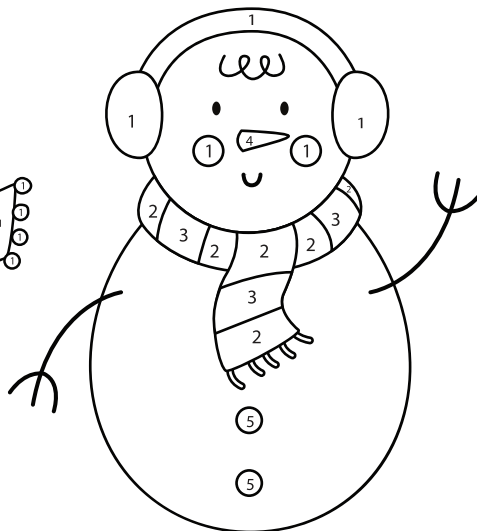
Coach

Myself



COLOR BY NUMBER

Color the snowmen using the color chart below.



Name

Grade

Teacher

Independent Health FOUNDATION

Fitness for Kids CHALLENGE