# JANUARY

## Jake's Tip

#### **SPREAD KINDNESS!**

Being your best YOU means to be kind to one another, but also being kind to yourself! It is important for you to take time to take care of you, and do things that make YOU happy — like playing in the snow, or going on a family walk. Do not forget when you make mistakes, don't let them keep you down, get right back up and try again!



BE YOUR BEST YOU!



## **Activity Videos**

#### **CHECK IT OUT!**

Check out our new
95210+YOU activity videos
brought you by
Theatre of Youth,
Kevin McCarthy,
Rolly Pollies WNY and
Jeff Musial the
Animal Guy!



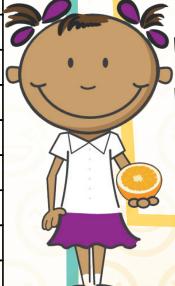
www.fitnessforkidschallenge.com/activityvideos

## Track Yourself

Make a bar graph by shading in the boxes for how you were feeling (1=bad, 10=excellent).

Notice what you did on your best days!

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# Try This...

### DO SOMETHING NICE FOR A FAMILY MEMBER TODAY.

Remember how it made you feel!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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# Challenge:

### **UNSCRAMBLE THE WORDS!**

Using the key at the top, unscramble the words below. Write the word in the turquoise box. How are these words important to this month's goal?

brave	friendly	happy	thankful
	eiyr pyp pavr		
fhaut		۲. friendly ک. happy	
	Draw a picture of write at least 10 streng	of yourself below	

Name

Grade Tea

Teacher

