

# JANUARY

## Billy Buffalo's Tip

### SPREAD HAPPINESS!

Think about how things you do can affect others and yourself. Notice what makes you happy and treat others that way too. Doing something to make someone else happy can make you happy too!



**YOU**  
**BE YOUR BEST YOU!**



## School Spotlight

### BE A STRONGER YOU!

Lancaster's Como Park Elementary uses the 95210 goals to create a stronger YOU. Notice how all the areas of your life effects your health.



## Track Yourself

### COLOR IN THE FACE OF HOW YOU WERE FEELING:

<b>DAY 1</b>				
<b>DAY 2</b>				
<b>DAY 3</b>				
<b>DAY 4</b>				
<b>DAY 5</b>				

Feeling good and treating others well starts with YOU!



**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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## Challenge:



I can...

I am...

Draw a picture in each bubble to finish the sentence!

I will...

**BE YOUR BEST YOU!**

## Activity

### FUTURE GOALS...

Act out your dream job to your class and see who can guess what you want to be when you grow up. Just like charades!



## Try This...

### MAKE SOMEONE'S DAY!

Do something that will make someone else happy every day.

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_



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