

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

Make a bar graph by shading in the boxing for how you were feeling (1=bad, 10=excellent). Notice what you did on your best days!

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	S	M	T	W	T	F	S

What can you do to make a bad day better?

Feeling good and treating others well starts with YOU!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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Challenge:

HELPING OTHERS

What would you do in these situations?



Marco dropped his lunch in the hall.



Rachel got a bad grade on a test.



Marco might feel

I can tell because

I can help by

Rachel might feel

I can tell because

I can help by

Activity

BODY LANGUAGE

Have the students all face the same direction in a line. Tap the first students' shoulder and show them body language to express a feeling (crossed arms, sad face, silly face). Make sure the other students are facing away so they can't see it. Have the first student tap the next student to show them and repeat down the line. At the end see if they ended up with the correct body language and talk about that feeling. "What would you do if you saw someone who was feeling this way". Just like the telephone game!



Try This...

MAKE SOMEONE'S DAY!

Do something that will make someone else happy every day.

Name _____

Grade _____

Teacher _____

