

HOW DO I TREAT OTHERS?

GOAL

YOU

Be your best YOU.

To learn more about the 9-5-2-1-0+YOU goals, visit FitnessforKidsChallenge.com.

ACTIVITY: NEXT TO EACH SENTENCE BELOW, WRITE THE LETTER S if you sometimes do it, A if you always do it, or N if you never do it.

_____ I take turns with other classmates.

_____ I like to make my friends happy.

_____ I make fun of my friends.

_____ I complain if I don't want to do something.

_____ I listen to my teacher and follow directions.

_____ I yell at classmates and/or teachers if I don't get my way.

_____ I ignore my teachers or other classmates.

_____ I ask my friends how they are feeling.

_____ I share my things with my friends.

_____ I talk over or interrupt my friends when they are trying to talk.

_____ I try to help my friends if they feel sad.

Think about how you answered the questions above. How can you treat others the way you want to be treated?

