

# JANUARY

## Billy'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!**



## School Spotlight

### USE KIND WORDS...

Maryvale's 21st Century Afterschool Program students made drawings with different kind words they could share with their friends and other students.



## 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



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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## Challenge:

What is a goal you want to reach by the end of the school year? Tell us 3 steps you are going to take try and reach your goal!

My goal is to: \_\_\_\_\_



STEP 3

STEP 2

STEP 1

## Activity Videos

### CHECK THIS 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!

Visit:

[www.fitnessforkidschallenge.com/activityvideos](http://www.fitnessforkidschallenge.com/activityvideos)

## Try This...

### WHEN YOU ARE FEELING SAD OR UPSET,

draw or doodle what you are feeling or even write your feelings in a journal.



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

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**Fitness  
for Kids  
CHALLENGE**

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