

DECEMBER

Marco's Tip

SETTING GOALS...

A goal is something you want to do, be or have. Setting goals can motivate us! Goals can do many great things for us, like helping with our decision making, making us feel good about ourselves and teaching us to not give up! Reaching a goal can be fun and exciting!



SET A GOAL!



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!



Visit:

www.fitnessforkidschallenge.com/activityvideos

Track Yourself

SCHOOL GOALS

Circle one of the goals below that you want to get done this week. Check the box if you completed it.

- Make time to read at home.

- Clean up after myself.

- Be kind to classmates.

- Learn something new.

- Finish homework before screen time.

Try This...

SET A GOAL TODAY

to be kind to others. Did you reach your goal? How did it make you feel?



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Challenge:

RACHEL IS THINKING OF A GOAL!

Goals are important because they help us to come up with a plan. They teach us how to work hard, focus, use our strengths or to help others. They are important to help our minds grow and when we reach them, they make us feel proud and strong.

What is your goal this year? _____

How do you plan to reach your goal? Write 3 steps below.

Step 1.) _____

Step 2.) _____

Step 3.) _____

Who or what is going to help you reach your goal?

Why do you want to reach this goal? _____



First Night Buffalo is back and bringing the party to you! Ring in the New Year on December 31st from the comfort of your home! For more information on this year's event visit www.firstnightbuffalo.org

Name

Grade

Teacher

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



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