

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

BE A GOAL GETTER!

Circle the star below that has your favorite goal.

BE
helpful to a
family
member.

HAVE
better
listening
skills.

DO
something nice
for a
friend.



Try This...

SET A GOAL TODAY

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

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

DECEMBER

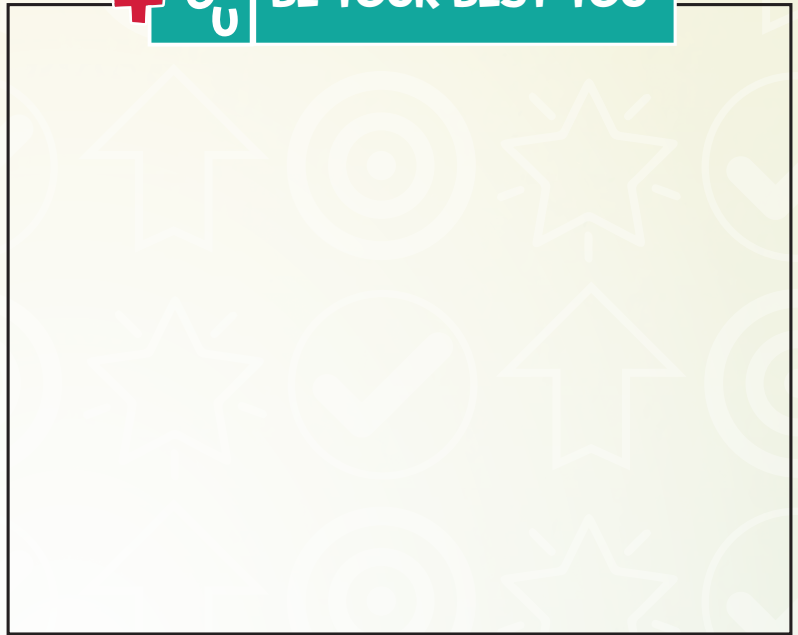
Challenge:

What's a goal you can set to be your best you?

- Is it making a new friend?
- Saying something nice about yourself every morning?
- Helping a family member or sibling?
- Listening to your teacher?
- Using your manners like please and thank you?

Draw a picture in the square of a goal you want to reach to help be your best you this year!

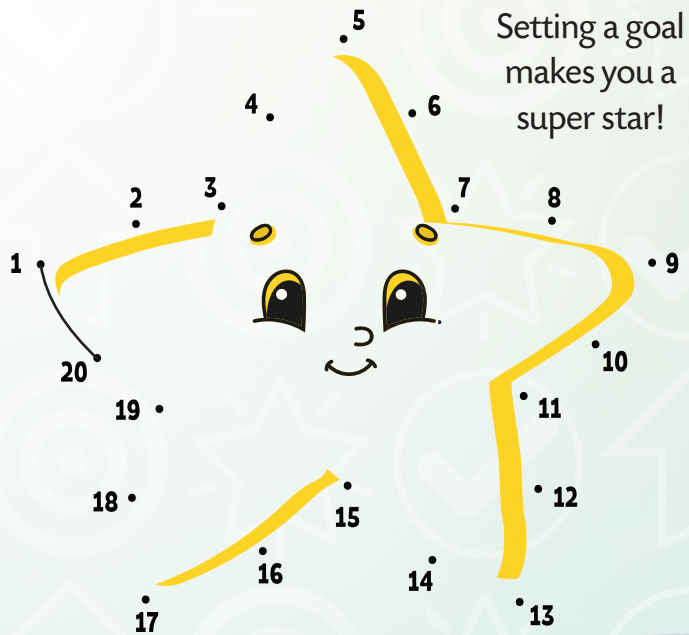
+ YOU BE YOUR BEST YOU



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

CONNECT THE DOTS...

Setting a goal makes you a super star!



Name _____

Grade _____

Teacher _____