

JANUARY

Jake'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!



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

Make a bar graph by shading in the boxes 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 |

Try This...

DO SOMETHING NICE FOR A FAMILY MEMBER TODAY.

Remember how it made you feel!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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Challenge:

UNSCRAMBLE THE WORDS!

Using the key at the top, unscramble the words below. Write the word in the turquoise box. How are these words important to this month's goal?



brave

friendly

happy

thankful

dlfneiyr _____

ahpyp _____

ebavr _____

fhautnlk _____

1. friendly 2. happy 3. brave 4. thankful



STRENGTHS ARE THINGS THAT YOU DO WELL!

Draw a picture of yourself below and write at least 10 strengths that you have around it.





Name _____

Grade _____

Teacher _____



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