

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

COLOR IN THE FACE OF HOW YOU WERE FEELING:

DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				



Try This...

DO SOMETHING NICE FOR A FAMILY MEMBER TODAY.

Remember how it made you feel!



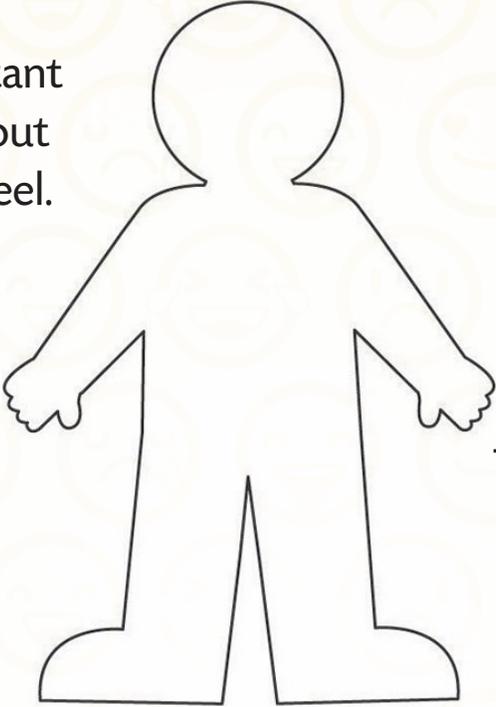
AN INDEPENDENT HEALTH FOUNDATION PROGRAM

JANUARY

Challenge:

DRAW YOURSELF BELOW.

It is important to talk about how you feel.

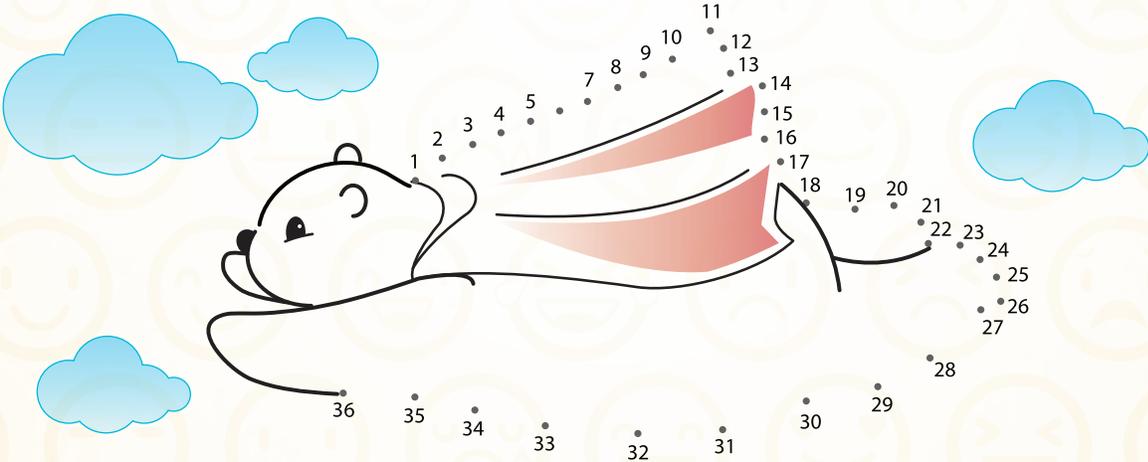


Tell your friends how you are feeling today and why.



Everyday superheroes are kind to others and themselves. Who is the superhero below?

CONNECT THE DOTS TO FIND OUT...



Name _____

Grade _____

Teacher _____

