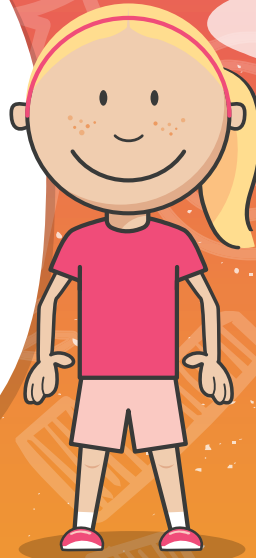


DECEMBER NEWSLETTER

Rachel's Tip!

RACHEL IS THINKING OF A GOAL.

A goal is something you want to do, be or have. Goals are important because they help us to come up with a plan to accomplish things we want to do. 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!



95210+YOU



SET A GOAL!

Activity Videos

CHECK IT OUT!

Check out our 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.

first night buffalo[®] at home!

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!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Challenge:

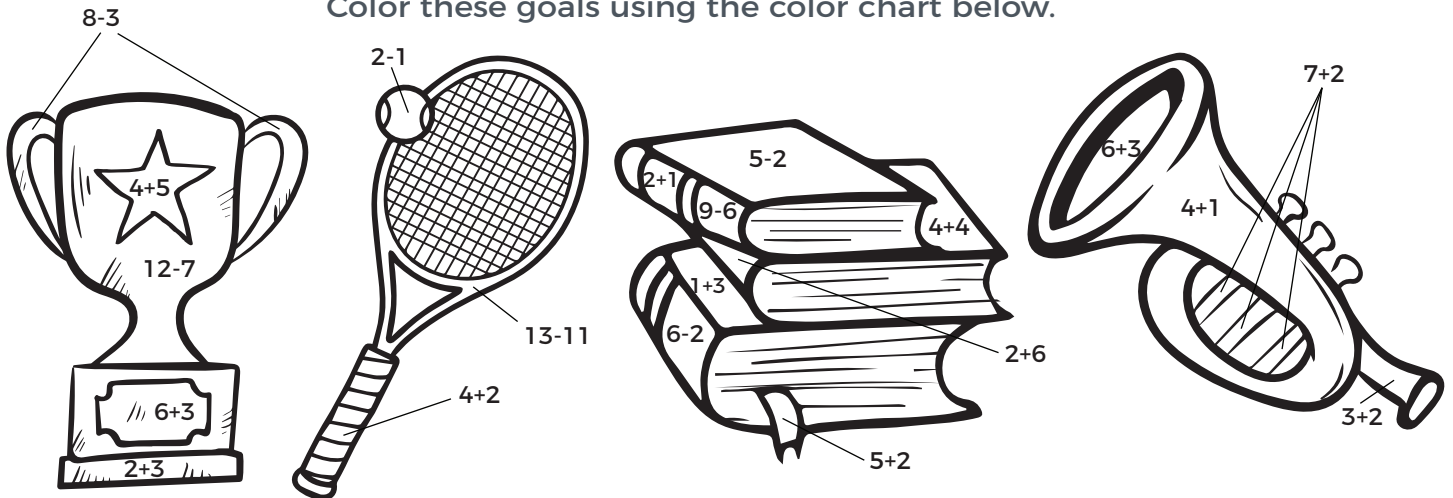
FILL IN THE STAR!

Use the star below to write 3 things you are good at in each tip of the star. At the bottom of the star, write something you want to learn and some- things you will do to reach that goal. Next, cut out the star and hang it in your classroom to remind yourself of all the great things you can do and what you are hoping to learn this year!



COLOR BY MATH

Color these goals using the color chart below.



Name

Grade

Teacher



Celebrating 30 Years

www.independenthealthfoundation.org



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