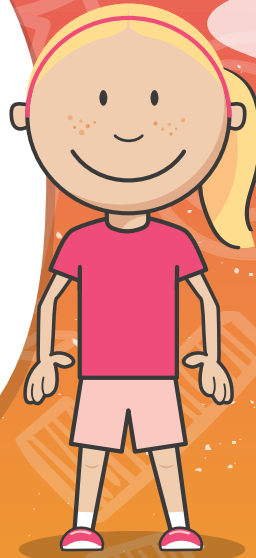


DECEMBER NEWSLETTER

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!



SET A GOAL!

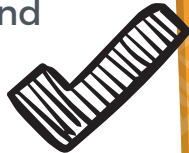
Activity Videos

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

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.



first
night
at home!
buffalo®

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!

Fitness
for Kids
CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Challenge:

FILL IN THE STAR!

Use this star to draw 3 things you are good at in each tip of the star. At the bottom of the star, draw a picture of something you want to learn. 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 NUMBER

Color the party hats using the color chart below.



Name

Grade

Teacher



Celebrating 30 Years

www.independenthealthfoundation.org



AN INDEPENDENT HEALTH FOUNDATION PROGRAM