

# JANUARY NEWSLETTER



**BE YOUR BEST YOU!**

## 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. Don't forget though when you make mistakes, don't let them keep you down, get right back up and try again!



## 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](http://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 |

## Activity...

### TRY THIS!

Let's take a minute to think about our breathing. Thinking about how you breathe can help your body calm down when you are upset. Take a big breath for 4 seconds, hold that breath for 2 seconds and then let it out for 5 seconds. Repeat this 2-3 times every time you are feeling upset or sad.



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# Challenge:

## HOW DO YOU RESPOND?

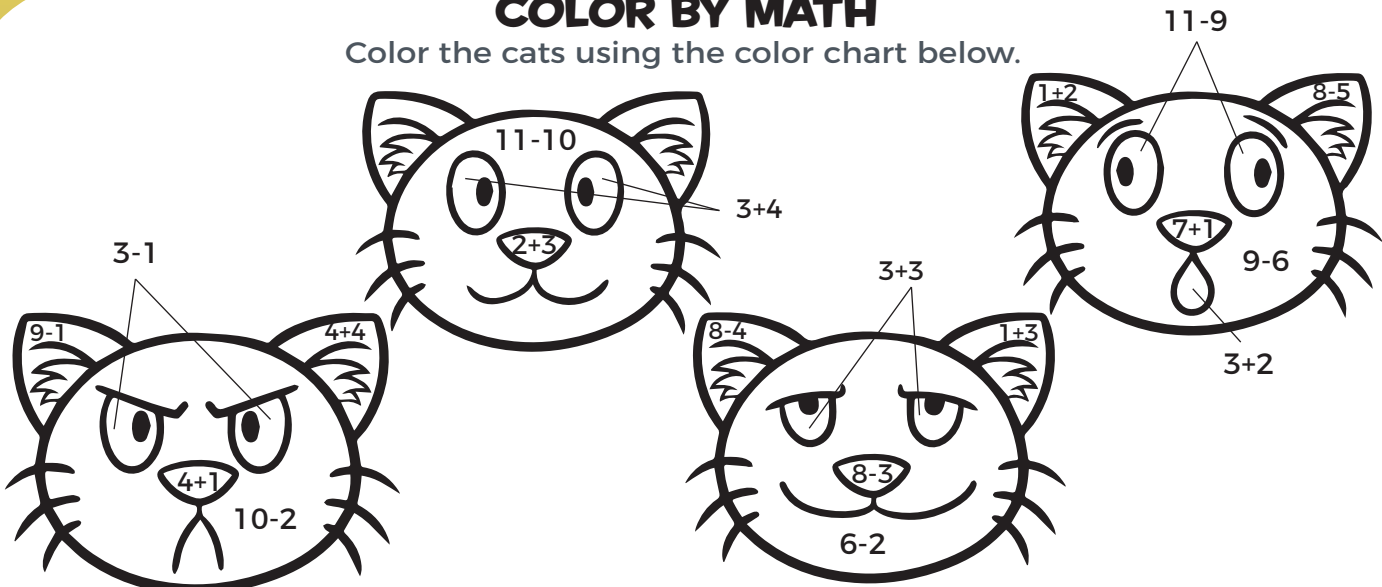
How would you respond to what is happening in each box? Write a sentence about what you would do or how it would make you feel.

|                                |  |
|--------------------------------|--|
| You lose at a game             |  |
| Someone shares with you        |  |
| You don't get what you want    |  |
| You get a good grade on a test |  |

|                                    |  |
|------------------------------------|--|
| You see a student crying           |  |
| You drop something and make a mess |  |
| You don't understand your homework |  |
| Someone says something nice to you |  |

## COLOR BY MATH

Color the cats using the color chart below.



Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_



Celebrating 30 Years

[www.independenthealthfoundation.org](http://www.independenthealthfoundation.org)



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