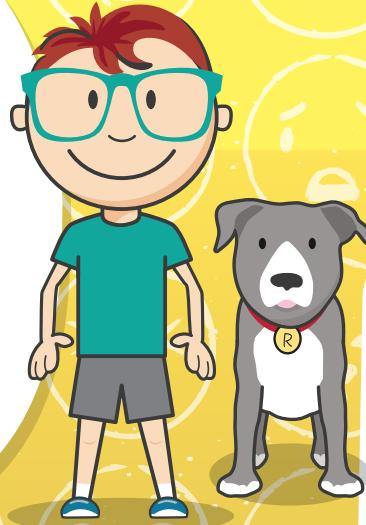


# JANUARY NEWSLETTER

## 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!



BE YOUR BEST YOU!

## 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

### COLOR IN THE FACE OF HOW YOU WERE FEELING:

DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

## 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.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

