

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!



Activity

TRY THIS!

Find a partner in class today, or a friend or a family member at home. Can you think of something about them that makes you happy? Tell them something nice and watch their smile grow!

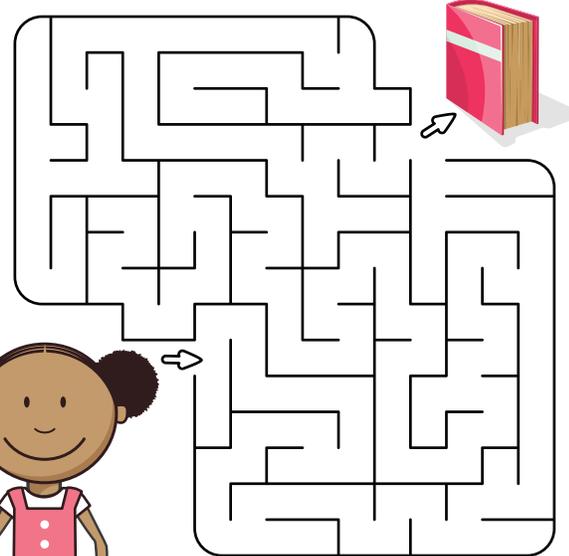
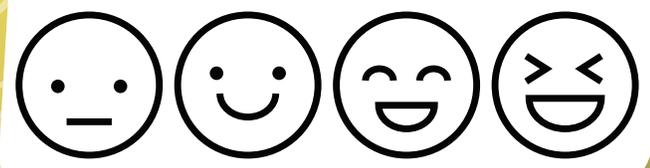
Be Your Best YOU!

BEING KIND TAKES PRACTICE!

Let's practice being kind to ourselves. Can you find a mirror in your home/school? Look in the mirror and say these 3 sentences to yourself every morning:



I am kind!
I am strong!
I am brave!



Help Tara find her favorite book!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM



Challenge:

Draw a picture in the space below of different things that make you feel the emotion listed. Talk with each other about what you drew for each one!

Things that make me feel happy ▼

Things that make me feel calm ▼

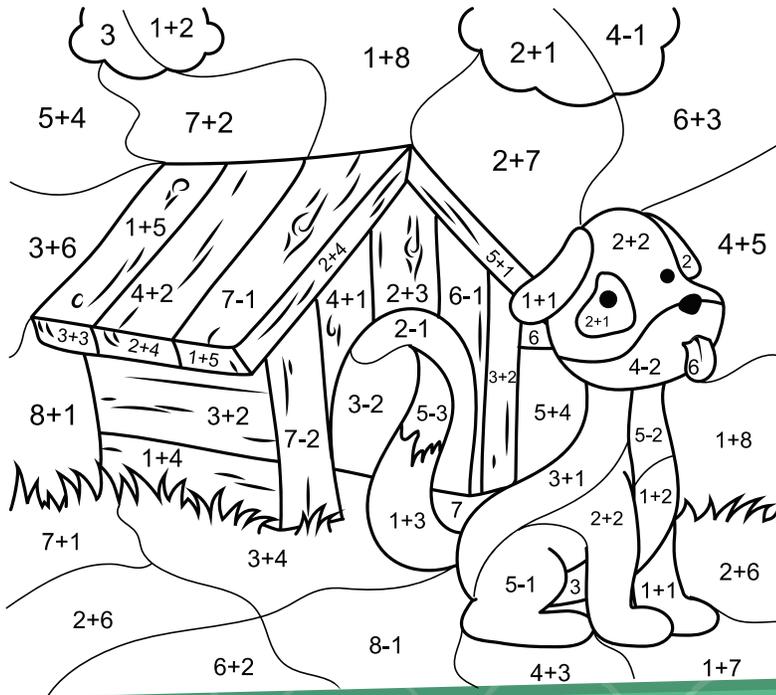
Things that ▲ make me feel worried

Things that ▲ make me feel excited

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

COLOR BY NUMBER

Color Rachel's dog so she can take him for a walk.



Name

Grade

Teacher

