



BE YOUR BEST YOU...  
TO OTHERS

## DECEMBER NEWSLETTER

2024-2025 | 3-5

Name

Grade

Teacher

### AMIRA'S TIP:

#### Have you heard the saying

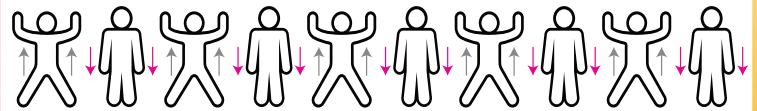
"Treat others how you want to be treated?" Being your best YOU also means to be kind to those around you! What are some ways you can be kind with others? How about sharing, helping your friend with their homework, or even saying something nice to them! Being kind to others is a great way to make new friends!



### ACTIVITY:

#### Let it snow!

A little snow doesn't stop us from moving! Every time you hear or say the word "snow" during the month of December try and remember to do 5 jumping jacks!



### JOKE!

Why did the pencil want to be sharp?

Because it knew that even the smallest point can make a big difference!



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 info on this year's show and Party Pack, visit

[www.firstnightbuffalo.org](http://www.firstnightbuffalo.org)!




AN INDEPENDENT HEALTH FOUNDATION PROGRAM

### BE YOUR BEST YOU!

Do you ever feel overwhelmed, upset or frustrated? Here is something you can try to feel better. Stop what you are doing and take a minute to look around the room. In your head list...

5 things you can see 

4 things you can feel 

3 things you can hear 

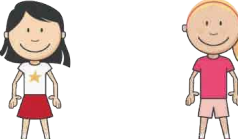
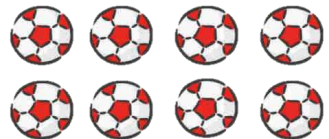

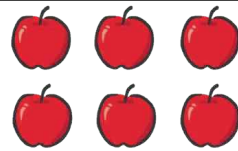


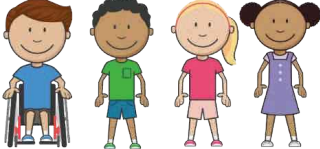

2 things you can smell 

1 thing you can taste 

For more information and activities visit:  
[www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

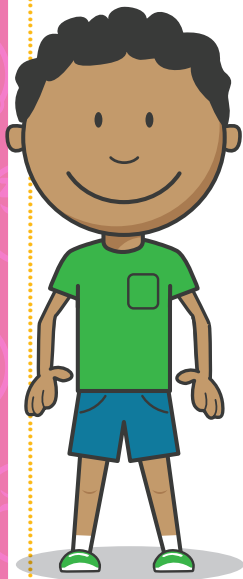
## CHALLENGE:

**Sharing is caring!** Being your best YOU means being kind to your friends, classmates, brother or sister. One way you can be kind is by sharing! Take a look at the picture below. How many soccer balls, apples, books and crayons can you share equally between the Fit Kids?

		Each Fit kid can get _____ soccer balls.
		Each Fit kid can get _____ apples.
		Each Fit kid can get _____ books.
		Each Fit kid can get _____ crayons.

## WORD SEARCH

Help Marco **find** and **circle** the list of positive words in the puzzle below.



**share**  
**mindful**  
**include**  
**honest**  
**smile**  
**caring**  
**listen**  
**kindness**  
**helpful**

S	H	E	L	P	F	U	L	N	O	L	Q	U
H	M	S	F	T	W	I	N	C	L	U	D	E
A	S	I	M	K	T	W	E	L	I	M	S	Y
B	S	F	N	H	O	N	E	S	T	L	A	B
U	H	F	T	D	H	I	C	A	R	I	N	G
C	A	R	X	O	F	S	O	K	L	S	T	V
S	R	T	H	I	R	U	E	P	A	T	R	U
R	E	N	G	E	D	E	L	U	N	E	I	M
S	S	E	N	D	N	I	K	A	R	N	P	A