



BE YOUR BEST YOU...
TO YOURSELF!

You Matter!

December Newsletter 2025-2026 | 3-5

Name: _____

Grade: _____ Teacher: _____

WHY IT MATTERS

You are special, strong, and important, just the way you are! Learning about your feelings, how to stay calm, and how to make good choices helps you feel more confident and in control. This helps you take care of your heart and mind. When you know how you feel and what you need, you can be your best YOU—focused, kind, brave, and ready to learn new things every day.

JAKE'S JOKE

Why was the shy turtle proud of itself?

Because it came out of its shell!



CHALLENGE

Feeling + Action = Being My Best Me! What can you do when you are feeling each emotion? Write it on the line next to it.



I'm scared. I can... _____



I'm nervous. I can... _____



I am sad. I can... _____



I'm surprised. I can... _____



I'm frustrated. I can... _____



I am happy! I can... _____



I am confused, I can... _____



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

ACTIVITY

“Affirmation Acrostic” Worksheet

Write your name in the space below.

Think of something **good or unique** about YOU that starts with each letter.

Example: **S** – Super helper

A – Always kind

M – Makes others smile

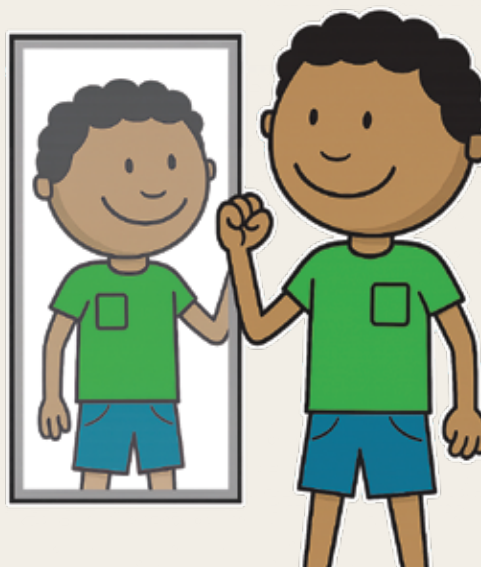
CELEBRATE AND REFLECT

“Mirror Talk” - I Am... Affirmations

What are affirmations?

Affirmations are positive words you say to yourself—like saying ‘I am strong’ or ‘I am kind.’ These are special, happy thoughts to help your brain feel good and confident.

Can you find a mirror or pretend one is in front of you and say 3 different affirmations to yourself? What makes you, your best self?



JOKE

Why did the confident crayon never worry?

Because it knew it could draw its path!

Parent Tip: Practice your “**Mirror Talk**” and encourage each other to say positive affirmations out loud each morning. Make it a fun habit by saying them during breakfast, getting ready, or in the car! Notice how it makes you feel to start off your day with a smile!

AT HOME TIP