



BE YOUR BEST YOU...  
TO YOURSELF!

# You Matter!

December Newsletter 2025-2026 | K-2

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!** Match each emotion with a kind action you can take when you are feeling that way. Draw a line from one side to the other.



I'm scared. I can...

Ask for help



If I'm nervous. I can...

Share my joy



I am sad. I can...

Take a deep breath



I'm surprised. I can...

Talk to an adult



I'm frustrated. I can...

Say something kind to myself



I am happy! I can...

Close my eyes and use my 5 senses



If I am confused, I can...

Pause and think before reacting



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

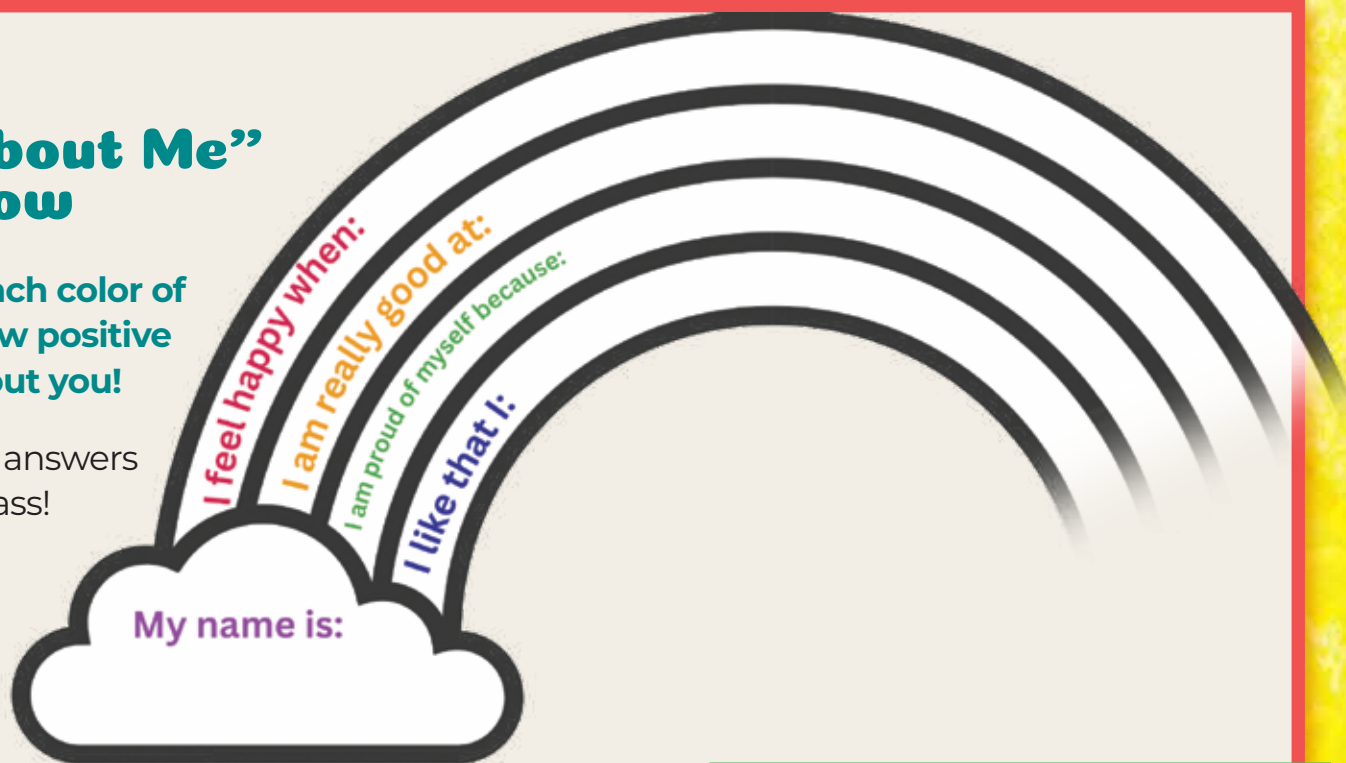
For more information and activities visit:  
[www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

## ACTIVITY

### “All About Me” Rainbow

Write in each color of the rainbow positive things about you!

Share your answers with the class!



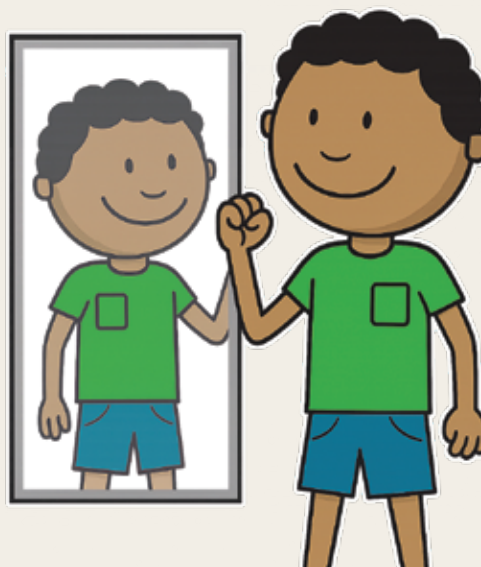
## CELEBRATE AND REFLECT

### “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