

You Matter!

December Newsletter 2026-2027 | K-2

Name: _____

Grade: _____ Teacher: _____



BE YOUR BEST YOU...
TO YOURSELF!



The Big Why

You are special, strong, and important, just the way you are! Taking care of yourself helps you feel healthy, confident, and ready for each day.

Hygiene (*HY-jeen*) means taking care of your body and keeping it clean and healthy. This includes washing your hands, brushing your teeth, taking baths or showers, and wearing clean clothes.

When you take care of yourself inside and out, you're ready to learn, play, help others, and shine bright every day!

Take the Challenge

Build Your Best-You Snowman!

Instructions: Help your snowman get ready for winter! For each healthy hygiene habit, draw the matching body part or accessory.

Brush your teeth ➡

Add a face and a big, sparkly smile!

Wash your hands ➡

Add arms and cozy mittens!

Take a bath or shower ➡

Add a warm scarf!

Wear clean clothes ➡

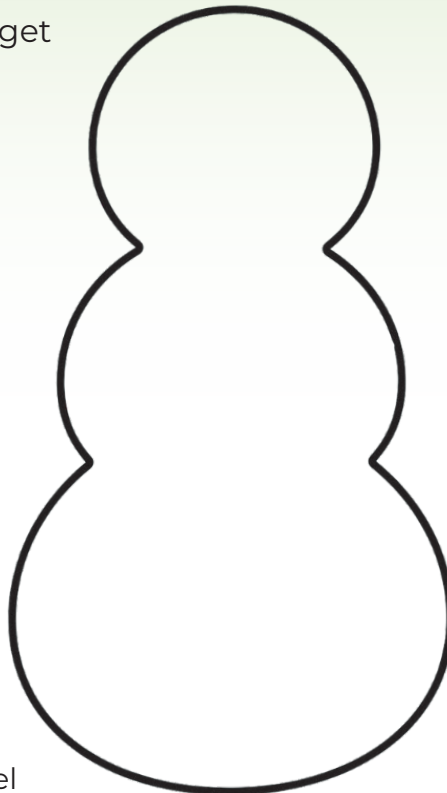
Add a fun outfit!

Cover coughs and sneezes ➡

Add a winter hat!

Challenge: Can you think of one more hygiene habit to add to your snowman?

Remember: Good hygiene helps you feel fresh, healthy, and ready to be your best!



Why was the soap so good at making friends?

It always helped everyone clean up!



Get Moving!

Build-a-Snowman Challenge!

Do 5 squats, 5 jumping jacks, and 5 arm circles to build your imaginary snowman!

Write here how many snowmen you can build in 30 seconds!



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



Just like cars go through a car wash to get clean, fruits and veggies need a little “wash” before we eat them! Rinsing fruits and veggies with clean, running water helps wash away dirt and germs you can’t see!

Instructions: Circle the foods that should go through the “car wash” before eating.



Bonus! What should you always do before eating?

W _ S H Y O U R H A N D S !

Family Corner

Family Challenge:

Everyone in the family gets to choose their own hygiene superpower!

Pick one healthy habit and complete the sentence:

“My hygiene superpower is

because it helps me

_____”

Then share your answers with each other!

Dream big and share your family's answers for a chance to **WIN!**
ADULTS: Scan the QR code monthly and take the quick survey.



Fun Fact!

Invisible Invaders!

You can't see most germs with your eyes. That's why clean hands are like having an **invisible shield!**



Circle one thing you will focus on to take care of yourself today:

- Wash my hands for more than 20 seconds
- Brush my hair
- Brush my teeth for 2 minutes
- Get moving!
- Get 9 hours of sleep
- Take a shower or bath
- Drink more water

