



BE YOUR BEST YOU...
TO OTHERS

DECEMBER NEWSLETTER

2024-2025 | K-2

Name

Grade

Teacher

AMIRA'S TIP:

Have you heard the saying

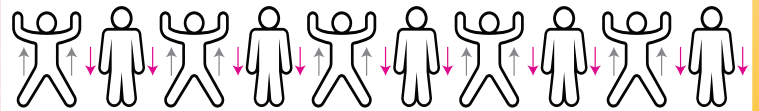
“Treat others how you want to be treated?” Being your best YOU also means to be kind to those around you! What are some ways you can be kind with others? How about sharing, helping your friend with their homework, or even saying something nice to them! Being kind to others is a great way to make new 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 information on this year's event visit

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 

How do you feel after this activity? Talk about it with someone near you.

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

CHALLENGE:

I can show kindness! Put a **green checkmark** next to the example that shows kindness and how to be your best you. Put a **red x** if the box shows how we should not act.

Inviting someone to join you and your friends.



Ignoring your teacher.



Sharing your toy with someone.



Being there for your crying friend.



Cutting your classmate in line at lunch.



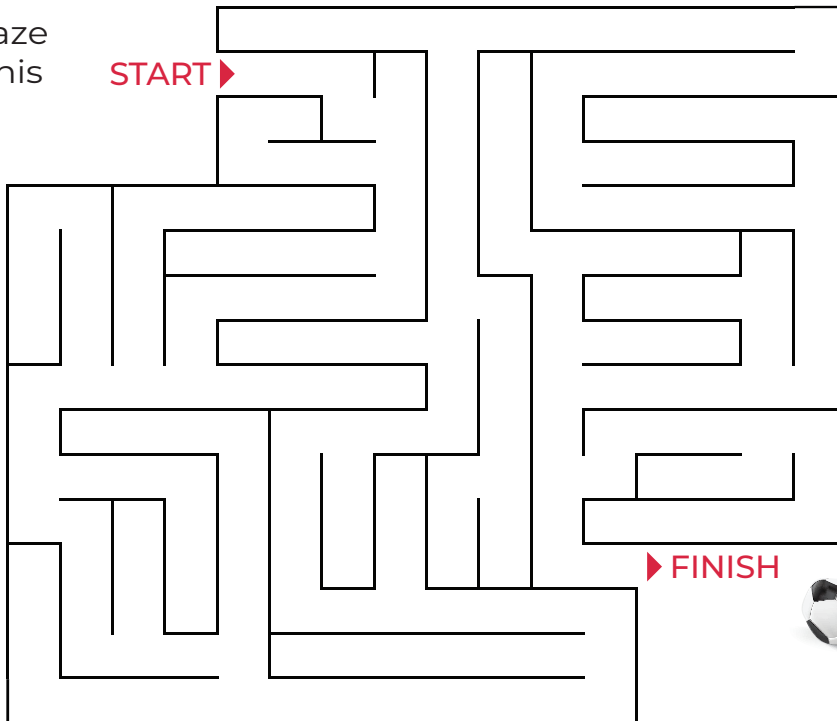
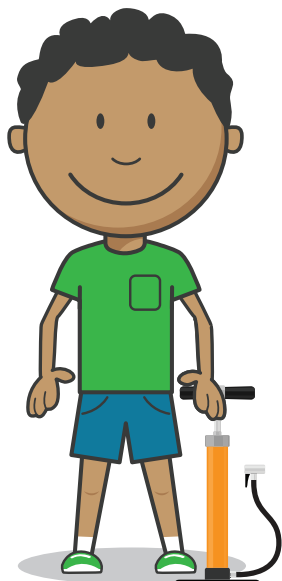
Raising your voice or yelling at others.



MAZE GAME

Help Marco get through the maze so he can help his friend Rachel.

START ▶



▶ FINISH

