

JANUARY NEWSLETTER

2024-2025 | K-2



**BE YOUR BEST YOU...
TO YOURSELF!**

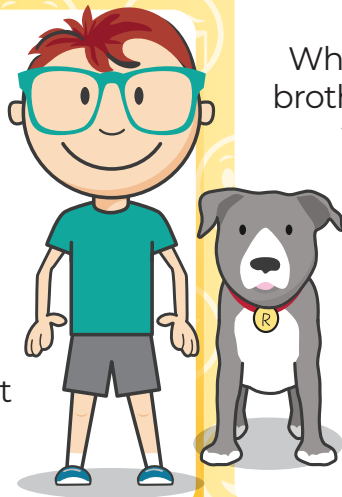
Name _____

Grade _____

Teacher _____

JAKE'S TIP:

Being your best YOU means to be kind to one another, but also being kind to yourself! It is important for you to take time to take care of you, and do things that make YOU happy — like playing in the snow, or going on a family walk. Don't forget, it's ok to make mistakes, but don't let them keep you down, get right back up and try again!



ACTIVITY:

What makes you a great friend, classmate, brother, sister, etc.? Can you name 3 reasons why you are awesome? Tell yourself "I am awesome because _____" at least once a day!

1. I am awesome because: _____
2. I am awesome because: _____
3. I am awesome because: _____

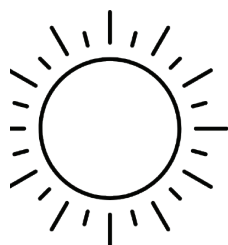
JOKE!

Why did the tree have high self-esteem?

Because it knew it was rooted in greatness!

BE YOUR BEST YOU!

Grow your garden of self-love! Each flower shows a positive emotion. Can you color in each flower using the chart below on how often you feel that emotion? Talk about someways you can work to feel these positive emotions every day!



 = SOMETIMES

 = ALWAYS

 = NOT VERY OFTEN



**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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CHALLENGE:

I Spy Coping Strategies! When you are feeling sad, mad, or frustrated, there are things you can do to help you to feel better! Can you count how many of each coping strategy you see below?



= _____	= _____
Going outside	Reading
= _____	= _____
Exercising	Spending time with friends/family
= _____	= _____
Listening to music/dancing	Playing
= _____	= _____
Laughing	Spending time with a pet
= _____	= _____
Taking a deep breath	Coloring, painting, drawing
= _____	
Smiling	

WORD SCRAMBLE

Each word below is an example of an activity that can make us happy. Can you use the picture clues to unscramble the words?



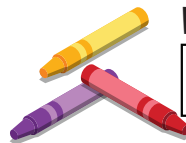
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