**Build Your Brain**

Do 10 jumping jacks and say a resolution that will help your brain grow!

***Example: Read something new every day!***

**Healthy Balance**

Balance on 1 foot for 5 seconds and say a resolution that will help you balance food choices this year!

***Example: Drink water instead of sugary drinks.***

**Strong Body**

Act out a physical activity you can do this year that will help your body stay strong and healthy.

***Example: 5 push-ups***

**Personal & Social Responsibility**

Do your best superhero pose for  
5 seconds and say a resolution that will help your school be a fun and safe place to learn.

***Example: Listen and be respectful to my  
teachers and classmates.***