Build Your Brain

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

*Example: Read something new every day!*
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.*
Act out a physical activity you can do this year that will help your body stay strong and healthy.

Example: 5 push-ups
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.*