

A New Year's resolution is a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year so lets make some good promises to ourselves.



For Teens (13 +)

- I'll eat at least **two servings each of fruit and veggies daily** - and **limit my pop intake** to special occasions.
- I'll take care of my body with **physical activity and nutrition**.
- I'll watch **non-violent TV shows and video games** and spend only one to two hours each day, tops, on them.
- I'll **help my neighborhood** by volunteering, helping community groups or by joining an organization that aids others in need.
- I'll **stop negative self-talk** ("I can't do it," "I'm so dumb").
- When I **feel mad or stressed**, I'll take a break and choose positive, constructive ways to deal, like exercising, reading, journaling or talking through problems with a friend or parent.
- When I have a **tough decision**, I'll talk with an adult about my choices.
- When I see **friends are struggling** or engaging in risky behaviors, I'll talk with a trusted adult and try to find a way to help.



For Kids (Age group between 5 to 12)

- I'll **drink milk and water** and limit soda and fruit drinks.
- I'll **put on sunscreen**, stay in the shade when I can and wear a brimmed hat and sunglasses - especially playing sports.
- I'll wear a **helmet** when I'm on my bike, scooter or skateboard.
- I'll wear my seatbelt every time I'm in a car - or, until I'm tall enough to use a lap/shoulder belt, I'll sit in the back seat and use a booster seat.
- I'll be nice to other kids and friendly to kids who are shy, different or new at school.



For Preschool children

- I'll **pick up my toys and put stuff away** where it belongs.
- I'll **brush my teeth** twice every day.
- I won't **tease dogs** - even friendly pets. I'll keep my fingers and face away from their mouths to avoid being bitten.



The views expressed in this newsletter are suggestions and opinions and are not binding.