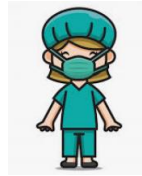


# HAPPY NEW YEAR FROM YOUR SCHOOL NURSES



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## Healthy Resolutions for Children & Teens in the New Year

**I will be on time every day and be ready to participate in my online classes.**

### Kids- 5 to 12 years old

- I will drink water or milk on most days and will keep soda and fruit drinks only for special occasions.
- I will wear my seat belt every time I get in a car.
- I will try to find a physical activity or a sport I enjoy doing at least three times a week. Here are some examples: playing tag, jumping rope, dancing or riding my bike.
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I'll try to be friendly to kids who may have a hard time making friends by talking with them and inviting them to join activities.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.

### Kids- 13 and older

- I will do my best to take care of my body through fun **physical activity** and making healthy food choices.
- I will try to get 8 to 10 hours of sleep that my body needs each night.
- When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- When I notice my friends are struggling, being bullied or making risky choices, I will look for a trusted adult so that we can attempt to find a way to help.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

