

ONE thing I can

SAY to others:

_____.

DO for others:

_____.

SHARE with others:

_____.

TWO healthy foods I can

EAT most days:

_____ &

_____.

TRY for the first time:

_____ &

_____.

THREE physical activities I can

DO outside:

_____.

_____, & _____.

DO inside:

_____.

_____, & _____.

FOUR ways I can spend my time

with family:

_____, _____.

_____ & _____.

by myself:

_____, _____.

_____ & _____.

