



RESOLUTION TAG

Build Your Brain

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

Example: Read something new every day!



RESOLUTION TAG

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.



RESOLUTION TAG

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



RESOLUTION TAG

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.