A new year… and new goals … for feeling fine in 2009!

GOAL 1: ____________________________________________
_____________________________________________________

How will your family attain and maintain Goal 1? _________
_____________________________________________________
_____________________________________________________

GOAL 2: ____________________________________________
_____________________________________________________

How will your family attain and maintain Goal 2? _________
_____________________________________________________
_____________________________________________________

GOAL 3: ____________________________________________
_____________________________________________________

How will your family attain and maintain Goal 3? _________
_____________________________________________________
_____________________________________________________
WHY PRACTICE KINDNESS AND ORGANIZE KINDNESS EVENTS?

KINDNESS INCLUDES EVERYONE. Kindness crosses all those distinctions that we sometimes place among ourselves — distinctions of race, religion, culture, gender, age. Students learn that kindness is a language that everyone understands. Through kindness, we celebrate diversity.

KINDNESS IMPROVES STUDENTS' SELF-ESTEEM AND THE SCHOOL CLIMATE. Whether academically proficient or not, students are given a way to excel through kindness, and excel they do. One teacher said that a few students who appeared to be headed down destructive paths were turned around due to the increased self-esteem and positive involvement that the school’s kindness program offered them. Other teachers have said that students are more willing to participate in class when they know that ridicule of their answers will not be tolerated. Thus, the learning environment is enhanced.

KINDNESS IS EMPOWERING. Kindness is one of the most powerful interpersonal tools that we, as human beings, use to connect with one another. When we sense someone’s need, we either choose to help in some way… or we choose not to. If we act from empathy, we will offer kindness, and in that moment a surprising, gracious, humanitarian connection is made. This is the positive power that each of us — including children — possesses. During difficult times, kindness propels students into action and gives them power when they feel powerless. They can do something to improve the world. You will find examples of students’ responses to the terrorist attacks of September 11, 2001, in this guide under “Response to Tragedy.”

KINDNESS HELPS STUDENTS CONNECT ACTIONS WITH CONSEQUENCES. Students are almost always positively reinforced when they are kind to others. They see the gratitude of the recipient; they hear the “thank you.” They know that they made a difference.

KINDNESS IS A VITAL, LIFELONG, INTERPERSONAL SKILL. Students will use kindness daily in their relationships at home, at work, and in the community. Kindness is an awareness that each of us develops with practice and over time. Through the kindness we give and receive, we begin to understand that we are intrinsically connected to those around us. We realize that we are part of a human community, in which giving and receiving kindness is vital to our health, harmony, and hope. Our children deserve to learn and experience this life skill of kindness… and so do we all. Let kindness flow!

HEALTH BENEFITS - http://www.actsofkindness.org/

American Heart Month
www.americanheart.org

National Children’s Dental Health Month
www.ada.org/goto/ncdhm

February 9-15: Random Acts of Kindness Week
http://www.actsofkindness.org/people/days.asp
Nutrition experts suggest we aim for at least five to nine total servings of fruits and vegetables daily, depending on our age and gender.

"Five-A-Day seems like a lot. What's a serving size, anyway?"

* ½ cup cut-up canned, frozen or fresh fruits (in 100% juice) or vegetables
  * 1 medium fruit
* ¾ cup (6 oz.) 100% fruit or vegetable juice
  * 1 cup raw leafy greens
  * ¼ cup dried fruit

**ACTION:** try eating a fruit or vegetable from each of these color groups this month: red, orange, green, blue/purple, and white.

---

**JUNE 2009**

In honor of National Great Outdoors Month, plan a camping trip, ... even in your backyard with friends!

Summertime scavenger hunts are wonderful, too! Gather your neighbors to play ... and some fireflies in the evening!

In honor of National Healthy Skin Month, make sure to use sunblock and/or protective clothing when enjoying the outdoors, especially between 10 am and 3 pm!

**FOR KIDS**
http://www.sunsafetyalliance.org/kids.html

June 19-21, Taste of Champaign-Urbana, West Side Park
June 19, 5p-9p; June 20, 11a-9p; June 21, 11a-6p

Home Safety Month
www.homesafetycouncil.org/homesafetymonth

National Great Outdoors Month
www.funoutdoors.com

National Healthy Skin Month
www.aad.org

June 1-7: Sun Safety Week
www.sunsafetyalliance.org

June 13: National Get Outdoors Day
http://www.nationalgetoutdoorsday.org/

June 27: Great American Backyard Campout
http://www.nwf.org/BackyardCampout/
How are you sleeping? Are you getting about 8 hours of sleep each night?

In honor of Better Sleep Month, keep a sleep journal this month to see if you are going to bed and getting up about the same time each day, how you feel, etc. Visit http://faculty.washington.edu/chudler/pdf/sleepjj.pdf for a printer-friendly template.

Sweet Dreams!

Asthma and Allergy Awareness Month
www.aafa.org
Better Sleep Month
www.bettersleep.org
Clean Air Month
www.lungusa.org
Healthy Vision/UV Safety Month
www.healthyvision2010.org/hvm
National Bike Month
http://www.bikeleague.org/programs/bikemonth/
National Physical Fitness and Sports Month
www.fitness.gov
May 10 - 16: Food Allergy Awareness Week
www.foodallergy.org

TV Turnoff Week is April 20-26, 2009. It was launched by Adbusters magazine and other organizations in 1994 and championed by TV-Free America (which is now called Center for SCREEN-TIME Awareness, CSTA). The CSTA is an organization that encourage all people to use electronic screened media responsibly and then have more time for a healthier life and more community participation. It is a grassroots alliance of many different organizations. 70+ million people have taken part and CSTA estimates that 20 million people took part in 2008.

In honor of National TV Turn Off Week, go for walks with your families instead of watching TV or playing video games or on the computer. Visit some of the C-U park walking trails with mileage markers, like Hessel and Meadowbrook.

More valuable information can be found at the Campaign for a Commercial-Free Childhood http://www.commercialexploitation.org/