



As a class, review these ideas for New Year's Resolutions

Healthy New Year's Resolutions for Kids

The following New Year tips are from the American Academy of Pediatrics (AAP).

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs or other pets – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.
- I will talk with my parent or a trusted adult when I need help or am scared.

Kids, 5 to 12 years old

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will put on sunscreen before I go outdoors on bright, sunny days during the summer.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike.
- I will wear my seat belt every time I get in a car.
- I'll be nice to other kids. I'll be friendly to kids who need friends or who may have a hard time making friends – like someone who is shy, or is new to my school.
- I'll never give out private information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.

Kids, 13 years old and older

- I will try to eat two servings of fruit and two servings of vegetables every day, and I will drink sodas only at special times.
- I will take care of my body through physical activity and eating the right types and amounts of foods .

- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through giving some of my time to help others\ , working with community groups or by joining a group that helps people in need.
- 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 faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling or making risky choices , I will talk with a trusted adult and attempt to find a way that I can help them.
- I will resist peer pressure.
- I agree not to use a cellphone or text message while driving and to always use a seat belt.

American Academy of Pediatrics, 12/13

NOTE: As a class, discuss why the New Year is a good time to make commitments to improve certain areas. What are the most practical resolutions, and what is the best way to succeed with them?

Source: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Healthy-New-Year-Resolutions-for-Kids.aspx>