

New Year

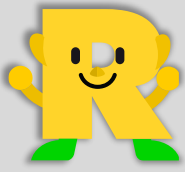
Nombre: _____ Fecha: _____

“ I will try new foods ”

“ I will talk openly about my feelings ”

“ I will spend more time with my family ”

“ I will have a fruit or veggie with every meal ”



New Year

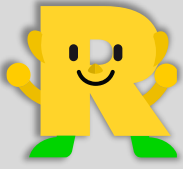
Nombre: _____ Fecha: _____

“ I will learn something new ”

“ I will do more exercise ”

“ I will make new friends ”

“ I will improve my English
vocabulary ”



New Year

Nombre: _____ Fecha: _____

“

I will help others

”

“

I will keep good grades in
school

”

“

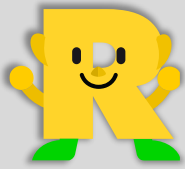
I will read a new book
each month

”

“

I want to reduce my screen
time

”



New Year

Nombre: _____ Fecha: _____

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“ ”

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