

New Year Resolutions

The New Year is generally the time when we all start looking at things in our lives and how to change them a little for the better.

Have a chat with the children you care for and see what they understand of resolutions and if they have made any already. Make sure they know that resolutions are promises to themselves and it's not the end of world if they break them.

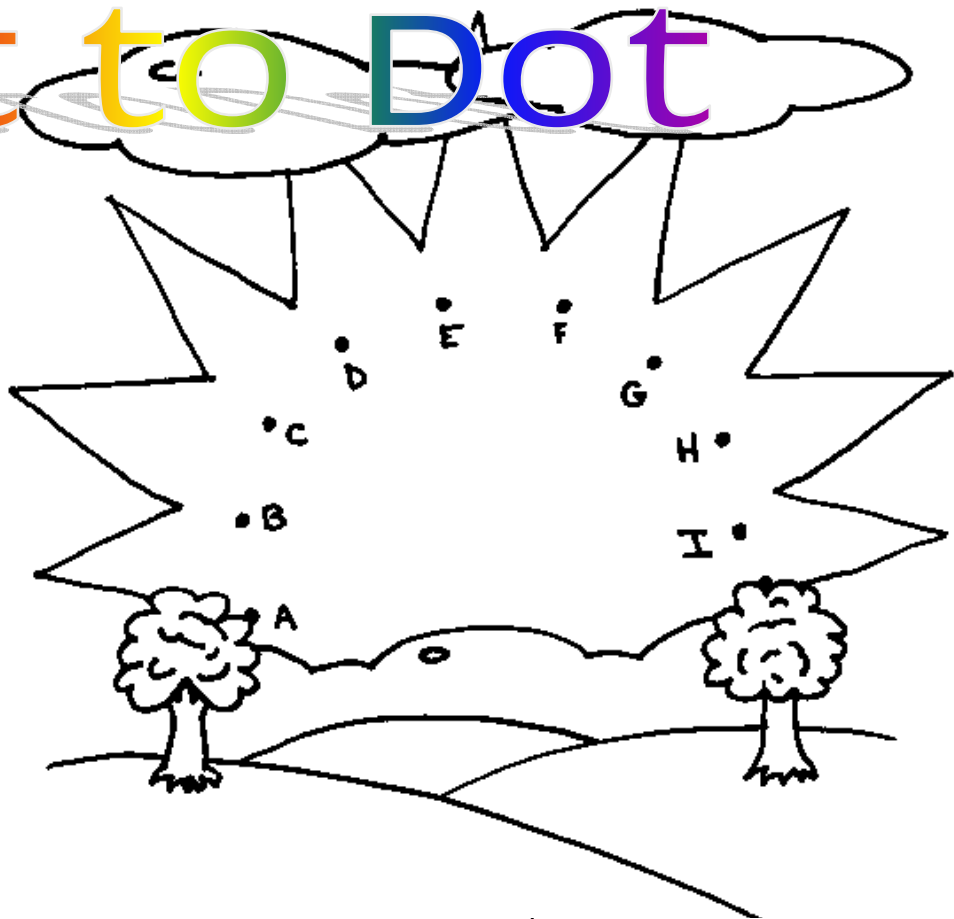
Maybe suggest you all make some resolutions together. Once they have decided upon their resolution you could make posters for them to put in their bedrooms as reminders.

Some good examples of resolutions for children are:-

- To try and recycle more - <http://www.recyclezone.org.uk/> is a fun interactive web site with more information on this.
- To try and swap fizzy drinks for water or fruit juice.
- To try and eat more vegetables and fruit.
- Promising to brush their teeth in the morning and before bed.
- I won't pick on my little brother/sister!
- I'll tidy up after I've finished playing with my toys.
- To try and play more energetic games rather than on my computer.
- I'll wear a seat belt when I get into the car.

The point of this exercise is to make the children you care for think about making some positive improvements and to end up feeling good about themselves.

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