

January 2012

This month's *healthy habit* is:



Healthy relationships are *honest* relationships.

- Healthy relationships are full of honesty and other good qualities.
 - Honesty is an important part of being a good friend.
 - Healthy relationships help us feel great!

Build a good relationship with your body– get moving!

Use this calendar to mark each day that your class does at least **10 minutes of physical activity** through energizers, active lessons and other classroom activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				