



Heart



My goals are:



What do you want to learn?

- Find pictures and stories from family history
- Talk to grandparents about their life, where they lived, what did they like to do when they were young?
- Service activity for family or neighborhood
- Practice saying "I am sorry", "please", "thank you," and "Can I help you?"
- Learn songs and poems and share them with your family
- Ask your mom or dad to tell you some stories about great men and women in history
- Say thank you to community helpers
- Get to know the elderly in your neighborhood; Find a way to serve them.





Mind



My goals are:



What do you want to learn?

- Visit a library and choose some books to read with your parents or family
- Explore nature. Create a nature journal about:
 - Stars and Planets
 - Flowers and plants
 - Animals and Bugs
 - Rocks
 - Clouds and weather
 - Our bodies
- Learn the alphabet and sounds; learn to read and write words and sentences
- Learn to count, add and subtract, or how tell time or count money
- Practice designing and building things with blocks or making forts





Might



My goals are:



What do you want to learn?

- Learn a handicraft—with fabric, yarn, wood, leather, etc.
- Learn to draw or paint
- Learn about music and instruments
- Develop social skills like being a good friend, introducing yourself to others, saying thank you, and how to help others feel welcome
- Learn good table manners
- Practice a skill you want to get better at
- Tell a story, teach a lesson, or lead your family in singing a song
- Learn how to take good pictures
- Learn how to take care of animals or pets





Strength



My goals are:



What do you want to learn?

- How to take good care of our bodies
- How to grow food: gardening
- How to stay safe from germs
- What foods are the healthiest to eat?
- Learning how to cook
- Basic first aid skills
- Learn how to play different sports
- Outdoor games and exercises
- Hiking and running or learning how to ride a bike

