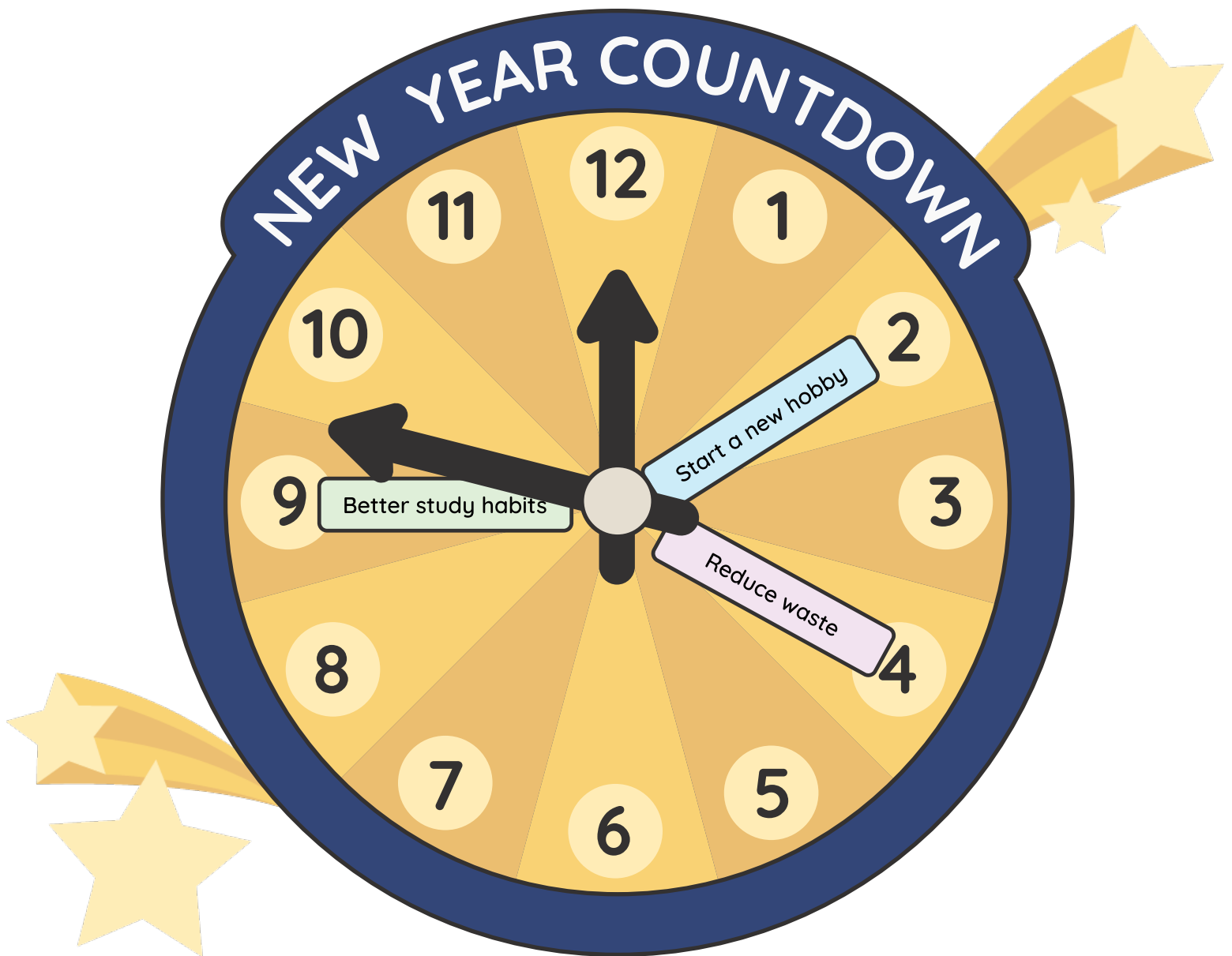


## Activity

With a new year comes a great opportunity for reflection and goal-setting. In this activity, learners have the opportunity to select 12 goals or resolutions for themselves for the New Year. Writing down their goals makes them more likely to achieve them in the upcoming year!

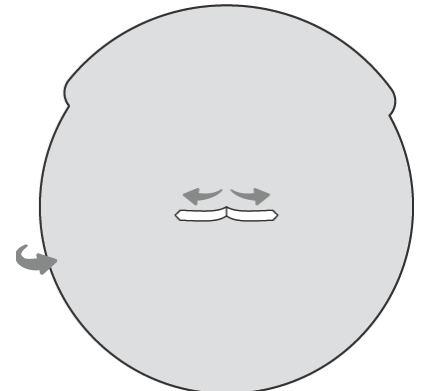


## INSTRUCTIONS:



- 1) Brainstorm 12 New Year Resolutions. Ask yourself, "What do I want to accomplish or get better at this year?"
- 2) Write (or cut and glue from page 4) your 12 resolutions on the clock face.
- 3) Follow the directions on page 2 to put your clock together.
- 4) Use your clock by moving the clock hands to start the countdown to the New Year!

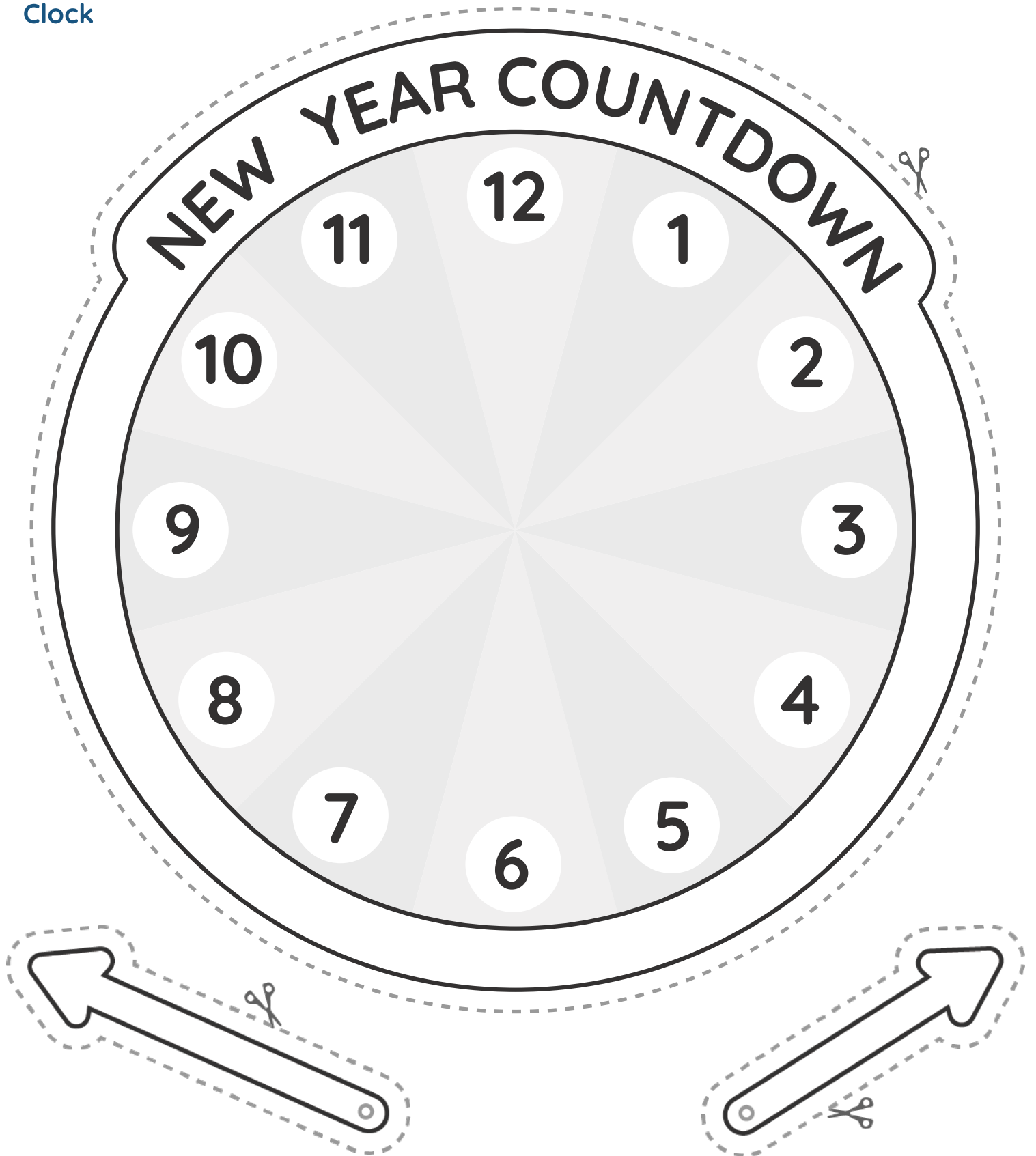
## Clock Assembly Instructions



1. Line up the gray holes on the clock arms with the middle of the clock.

2. Pierce the arm holes through the clock with a paper fastener and flip the clock to secure the fastener behind it.

Clock



## Resolutions



Help family members

Clean my room

Exercise

Wake up earlier

Be a good friend

Start a new hobby

Be kinder

Read a book

Drink more water

Reduce waste

Learn how to cook

Learn a new skill

Be kind to myself

Donate unused things

Make my bed