



New year's Resolutions to Fit your Size

Small ideas for big success!

At the start of a new year, lots of people like to make a new goal they will stick with for the whole year. This goal is called a New Year's resolution. Some adults might make a resolution to save money, pay off debt, try a new hobby, or start exercising. Those types of goals may sound pretty big to you, but there are plenty of New Year's resolution ideas that are more your size! Try thinking of some things you would like to do a little better or more often, or maybe there's something new you've never done before that you'd like to try. Here are a couple ideas to help you get started:



- Eat more vegetables
- Help a parent or guardian with a chore each day
- Try a new food every week
- Make sure your words are always kind
- Read or look at a book for 20 minutes a day
- Limit your screen time each day

Once you've set a goal for yourself, don't wait to get started! Be sure to track your progress. Share your goal with a parent, sibling, or grandparent, so they can help you remember to stick with it all year long!



You Say, "I want It!" while Mom Says, "You Don't Need It!"

Have you ever gotten really excited about something you saw at the store or online? And have you ever been disappointed when you asked your parent for that item and were told, "No, you don't need that"? Life is full of things that we *need* and things that we *want*. Unfortunately, it's not always possible to buy all the things we want. Next time you're thinking about asking a parent or guardian for something, stop for a minute and decide if it's something you need or something you want.

Test your need or want IQ!

Circle to show if the picture is a **NEED** or a **WANT**.

NEED WANT	NEED WANT	NEED WANT	NEED WANT	NEED WANT

Answers: 1. Need, 2. Want, 3. Need, 4. Need, 5. Want

Hee-Hee,
Ha-Ha!

What did the mama
cow say to the calf?
It's pasture bedtime!

Why can't a leopard
hide?
Because he's always
spotted!

What kind of socks
do grizzlies wear?
None, they have bear
feet!

What do you call a
sleeping bull?
A bull-dozer!

What did the judge
say when the skunk
walked in the court
room?
Odor in the court!

What sound do
porcupines make
when they kiss?
Ouch!



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CLUB**

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**Winners of the
Kids Club
Fall Coloring
Contest**

We drew random entries to choose the members who would receive a \$10 deposit to their Kids Savings accounts. Congratulations to the winners!

Maddie F.
Age 3

Alexis T.
Age 4

Alejandro M.
Age 6

To Contact Us:

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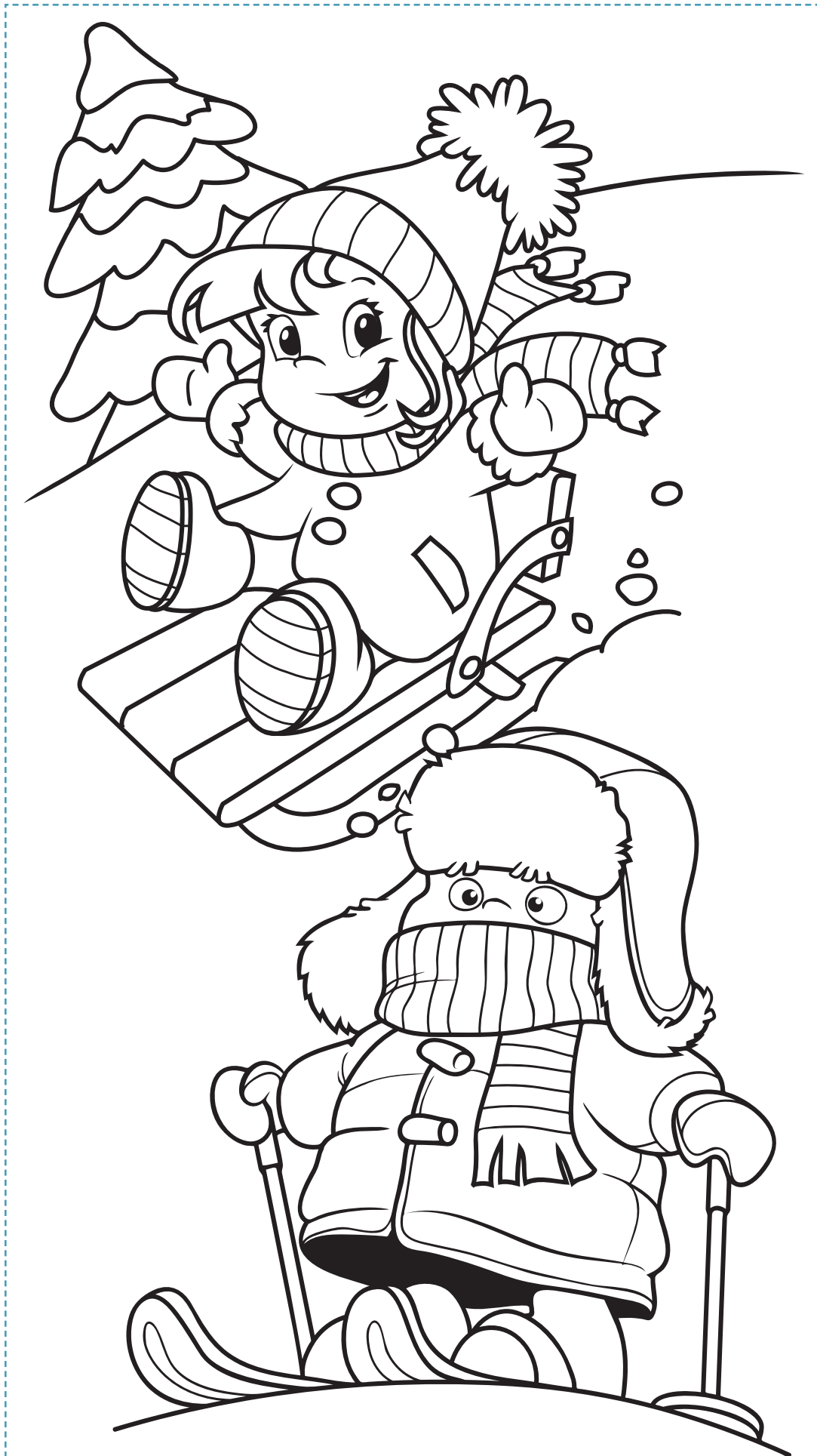
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(Greenville/Spartanburg)

800-845-0432
(Nationwide)

Winter Coloring Contest

Color this image and send your artwork to us. You'll automatically be entered into a drawing for a \$10 deposit to your Kids Savings account and have your name appear in the next newsletter!



DEADLINE: February 28, 2023

Mail your entry to:
**South Carolina Federal Credit Union
 Kids Club, Winter Coloring Contest
 P.O. Box 190012
 N. Charleston, SC 29419-9012**

Name

Birthdate (Month/Day/Year)