



# KID KICK NEWSLETTER

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## Goal Setting

Every year around this time we take a minute to talk about goal setting. Setting goals for yourself is an important part of success. If you don't know what you are working toward, it can be very, very difficult to put your best effort forward. Here are a few things you can do to help keep your goal in mind as you work to achieve big things.

- Be specific. Instead of saying you want better grades, say you want to start getting "A"s
- Break it down. How do you get better grades? Do you need to study more? Watch less TV? Make daily and weekly commitments that, stacked together, bring you closer to your goals.
- Write it down. Write it on a notecard, on a poster, or even on your mirror. Put your goal somewhere you will see it, as a reminder to stay on track.
- Tell someone about it. Tell a friend, your instructor, your parents or someone else that will remind you of your goal when you start letting things slide.
- Reward yourself! Sticking to your goals is hard work! Reward yourself for keeping up with your commitments by treating yourself to something special.

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# Harbin Ice and Snow Festival

Every January, people from all over the world come together in Northeast China to attend the much admired Harbin Ice and Snow Festival. This annual event features beautiful snow sculptures, huge ice castles and detailed buildings carved out of ice and snow.

This festival covered almost 75,000 square meters and is one of the largest ice and snow festivals in the world. Using everything from ice picks and chisels to actual lasers, sculptors and artists from all around the world cut chunks of ice from the nearby Songhua river.

These talented people mix that ice with snow to create the largest and most beautiful sculptures you've ever seen!



## Memory Box

Make a memory box at the beginning of a New Year. It is a great way for children to think about what they have done and achieved over the previous year, and makes a super memory to pull out once a year and enjoy as a family.

### **You will need:**

A shoebox, paint or wrapping paper, photos

### **Other items to use:**

Ribbon, Stickers, markers, wooden letters, etc..

### **To make:**

Paint or cover a shoebox. Draw or paint the year (just passing) onto the lid. Cut out lots of small photos taken this year and glue them to the box to decorate.



Fill the box with tickets, leaflets, photos, certificates and other mementos to help you remember all the things you have done this year.

# TIME TO COLOR



