

New Year's Resolutions for Kids

Dec 31 Posted by [Connie McCarthy](#) in [Uncategorized](#)

At the start of a new year, adults often take time to reflect and think about positive changes they want to make in their lives. This is a wonderful time for children to do the same.

Here is a list of 10 simple resolutions that young students can choose from to increase their academic, physical, and social/emotional well-being for the new year.

Students should choose at least five that work for the family:

- **Read** (or read together) at least 15 minutes each night.
- **Do a specific chore.** On a daily basis, make the bed or take out the trash, match the socks from the clean laundry, feed a pet, etc. A consistent, simple chore helps a young child learn responsibility.
- **Write a short letter** (with help, if needed) once or twice a month to a grandparent, favorite aunt or uncle, cousin, or friend. This is purposeful practice of a needed skill while bringing joy to a loved one.
- **Pick up toys.** Help your child understand the importance of everyone cleaning their own mess.
- **Drink more water**, instead of fruity or sugary drinks.
- **Say “please,” “thank you,” and “you’re welcome”** more often. Help him understand that good manners count.
- **Share more.** Let a brother or sister use toys, books, crayons, etc.
- **Start a word jar.** Pick a new spelling word, or word from a story. At least once a week, write the word on a small piece of paper and add it to the jar. Periodically pick a word from the jar, and have your child use it in a sentence.
- **Always brush teeth** before bed and **wash hands** after using the bathroom.
- **Save coins** in a jar or piggy bank. Once a month, empty the jar and sort the coins. Then count the coins to find the total number.

By helping children make realistic and attainable resolutions, you're also teaching them a lot about goal-setting and self-discipline—skills that will serve them well their entire lives!

Tags: [Connie McCarthy](#), [Healthy Kids](#), [Kids Learning](#), [Social and Emotional Development](#)

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