

# Invest in...



## Your Health

- Brush your teeth (they have to last your lifetime!)
- Eat lots of fruits and vegetables
- Get plenty of exercise
- Drink water (instead of juice or soda)



## Your Skills

- What do you enjoy practicing? Sports? Art? Computers? Something else?
- Practice what you enjoy daily to develop your skills
- Sign up for activities that interest you
- Make friends who share your interests so you can practice together



## Your Friendships

- Tell your friends that their friendship is important
- Listen and communicate openly
- Treat others how you wish to be treated
- Make new friends (get to know the new student in your class)



## Your Future

- Ask a parent to help you open a savings account
- Put part of your allowance into your savings account each month
- Make savings goals to reach by the end of the school year
- Think about what kinds of jobs you could have in the future based on your skills and interests now