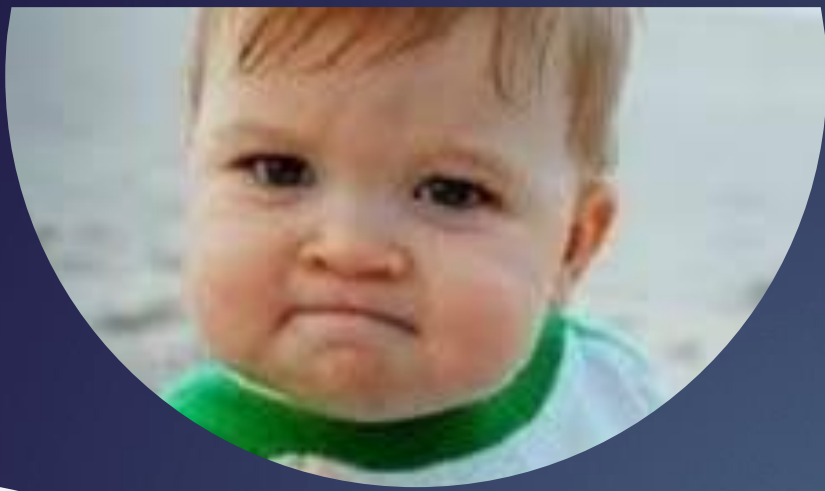


Happy New Year!



# So what's a New Year's resolution all about?

- ▶ New Year's resolution is a promise a person makes for the new year.
- ▶ Some people make a promise to change an unhelpful habit, like using their screens in bed. Other people make a promise to develop something positive, such as getting outside more.
- ▶ The tradition of New Year's resolutions dates all the way back to 153 B.C. January is named after Janus, a mythical god of early Rome.
- ▶ Janus had two faces — one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future.
- ▶ On December 31, the Romans imagined Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year and forgive enemies for troubles in the past.



We can sometimes feel cross or fed up if we break our resolution. It's easy to feel we have failed and give up



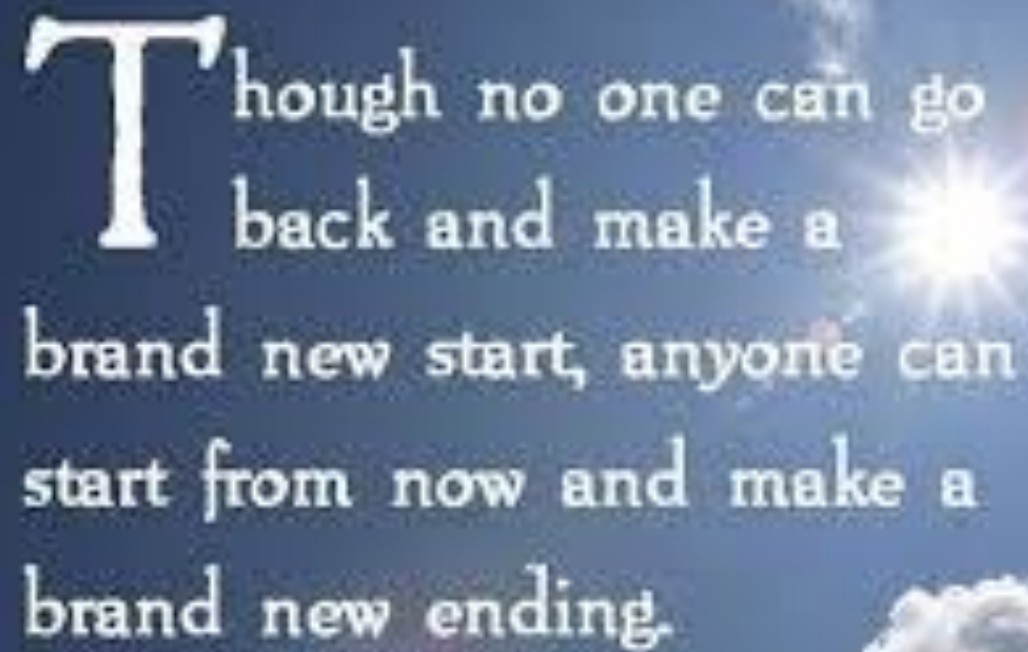
But each moment is an opportunity to start afresh, to learn from our mistakes.

Instead of setting big resolutions, try setting an intention..





<https://www.youtube.com/watch?v=qMlgtK8wvP4>



**T**hough no one can go  
back and make a  
brand new start, anyone can  
start from now and make a  
brand new ending.

*- Anonymous*

Today, I will  
tune out  
gossip.



Today, I will ask  
questions when  
I am confused.



# daily intentions for kids

Today, I will  
express  
gratitude.



Today, I will be  
open to new  
perspectives.



Today, I will  
celebrate  
my progress.



Today, I will  
forgive.



COUNSELOR Kent

# Mindful moment







# What intention will you set today?

WHAT WILL IT BE LIKE IF YOU DO THIS?

WHAT CHANGES DO YOU EXPECT TO SEE?

HOW WILL YOU FEEL?

# Good times to set intentions

- ▶ Waking up in the morning
- ▶ Sitting at your desk
- ▶ Going out to play
- ▶ Coming in from lunch
- ▶ Starting some work
- ▶ Meeting with a friend
- ▶ Walking in through the door at home
- ▶ Any ideas?