

# New Year's Resolutions for Elementary School Kids

Prepared by [KCCNJ.com](http://KCCNJ.com)

## Resolutions for Elementary School Kids (Ages 6-12)

### *Academic*

- 21. I will read for at least 30 minutes every day.
- 22. I will complete my homework before playing.
- 23. I will ask for help when I don't understand something in class.
- 24. I will keep my school materials organized.
- 25. I will participate more in class discussions.

### *Health and Fitness*

- 26. I will eat more fruits and vegetables.
- 27. I will limit junk food and sugary drinks.
- 28. I will find a physical activity or sport I enjoy and do it regularly.
- 29. I will get enough sleep each night.
- 30. I will learn about nutrition and healthy eating habits.

### *Personal Growth*

- 31. I will learn a new skill or hobby.
- 32. I will practice an instrument for 15 minutes daily.
- 33. I will keep a journal to express my thoughts and feelings.
- 34. I will set aside time for creativity (drawing, crafting, etc.).
- 35. I will learn basic cooking skills.

### *Technology and Screen Time*

- 36. I will limit my screen time to agreed-upon hours.
- 37. I will balance screen time with outdoor activities.
- 38. I will be responsible and kind in my online interactions.
- 39. I will learn about internet safety.
- 40. I will use technology to learn new things.

### *Social and Emotional*

- 41.I will be kind to my classmates and stand up against bullying.
- 42.I will practice active listening when others are speaking.
- 43.I will learn to manage my emotions better.
- 44.I will spend quality time with family members.
- 45.I will make new friends and nurture existing friendships.

### *Responsibility and Independence*

- 46.I will keep my room clean and organized.
- 47.I will help with household chores.
- 48.I will take care of my personal belongings.
- 49.I will be responsible for packing my school bag.
- 50.I will learn to manage my allowance and save money.