

More or less,
I will try to put my
best foot forward
in the New Year!



Rachel

I will do more . . .

- I will try to do more reading.
- I will try to share more.
- I will try to study more for spelling tests.
- I will try to relax more.
- I will try to sleep more.
- I will try to exercise more.
- I will try to play with my sister more.
- I will try to brush and walk my dog more.

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I will do less . . .

- I will try to eat less junk food.
- I will try to complain less.
- I will try to worry less.
- I will try to fight less with Kari.
- I will try to talk less during class.
- I will try to be less hurried.
- I will try to be less stressed.
- I will try to be less hyper.
- I will try to be less messy.

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More $>$ 20 Less $<$

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More > 2014 Less <

Smiling
laughing
eating better
walking
being
exercising
resting
relaxing
Praying
listening
reading
Sharing
Connecting
poodle time
quiet
designing
writing
family time

flitting
complaining
computer
Vegging
eating Junk food
sweets
hurrying
Stressing
messes
being hyper
worrying
anxiety
work
doing

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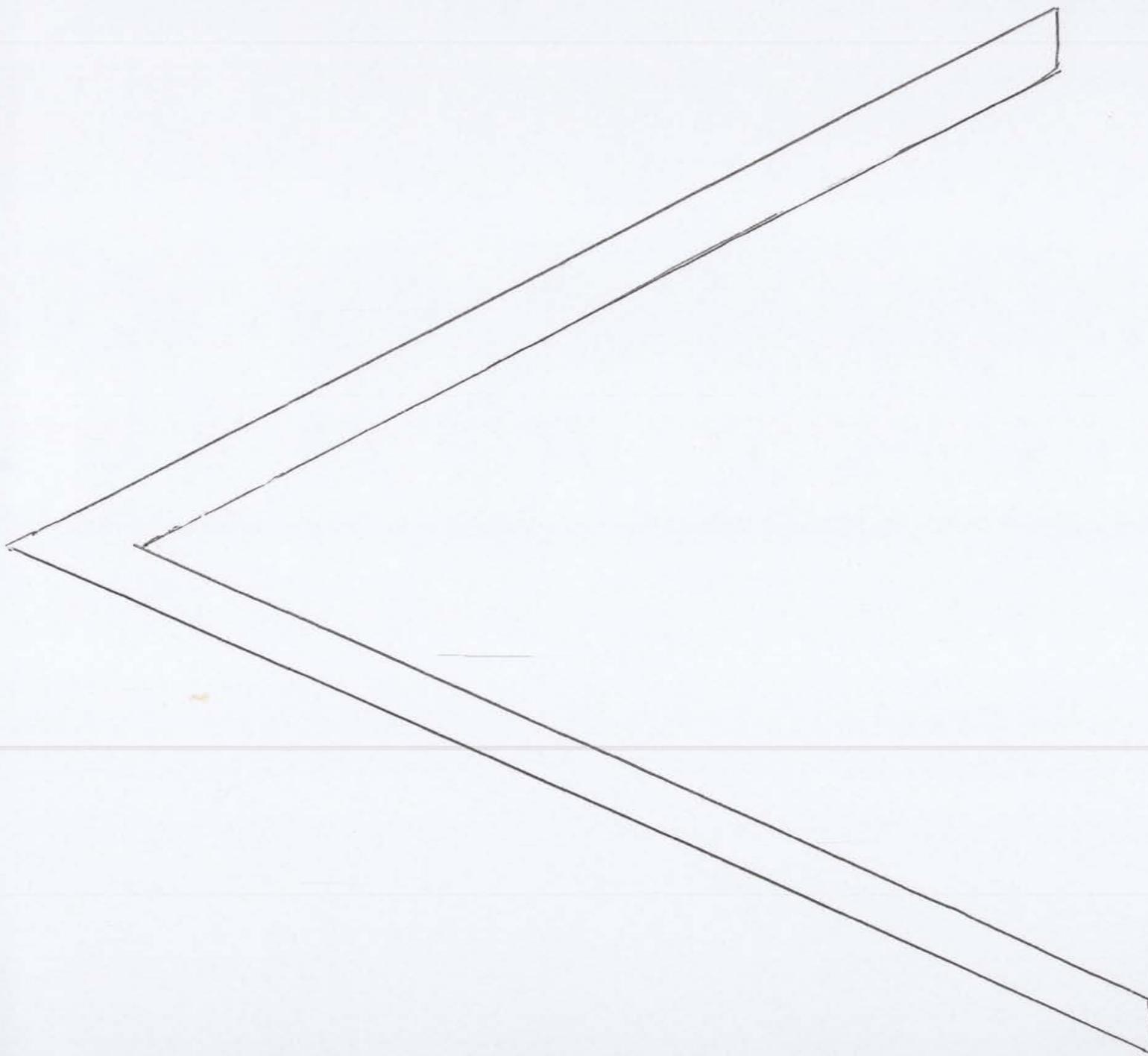
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Students choose a color of construction paper and trace their foot (with their shoe on) and then cut it out. Print and trim these word boxes. Each student glues one to their paper foot.

I will do less . . .



I will do more . . .

