



**DIMMICKFIT**  
FITNESS | SEL | NUTRITION | FITTEST

## JANUARY 2023

**FITNESS CHALLENGE:** Throughout the school year students will be challenged to regularly participate in physical activity at home. The fitness challenge for the month of January is for students to create their own exercise. Students should name their exercise and demonstrate or explain how to perform it. The exercise can be a brand new creation or a combination of exercise they already know. Have students take a picture or video of their new exercise and tell me what the name of the new exercise is. Once students have their picture or video, students or parents can upload it to their individual portfolio on the Dimmick Fit class dojo page. This challenge is worth 5 Dimmick Fit points and will be awarded by the end of the month.

**HEALTHY EATING CHALLENGE:** The new challenge for the month of January is Sweet Potatoes. Students are to sample eating sweet potatoes baked, fried, or in a casserole.

Sweet Potatoes are highly nutritious, promote gut health, cancer-fighting properties, supports healthy vision and enhances brain function.

When the student has completed the challenge, a picture or a video must be added to the class Dojo story. Students in

the K-4th grade will post on the K-4 Dojo page and the students in the 5-8th grade will post on the 5-8 Dojo grade. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

**SEL CHALLENGE:** Every January in the U.S., we celebrate Martin Luther King, Jr. Day. Martin Luther King, Jr. was a courageous civil rights activist and leader who worked to make the world a better place. Many of us have heard his famous "I Have a Dream" speech, where he expressed his dream for an America filled with fairness, justice, and kindness, where people are treated equally regardless of their differences.

For January's SEL challenge, we want to hear about your dreams, for yourself and for the world! The way we're going to do this is through an acrostic poem using the word DREAM. This means you'll take each letter of the word dream to make a word or phrase that expresses your wishes, dreams, or plans for a better world! For example:

D - Do service work  
R - Relate to others  
E - Everyone treated fairly  
A - All are equal  
M - Make room for differences

You can write it, type it, tell us on video, make it artistic, or leave it plain - it's up to you! Just make sure to submit it on class dojo (or give a hard copy to your teacher or Mrs. Alderman, if you prefer) to earn your 5 dojo points!