

# Called to Wonder

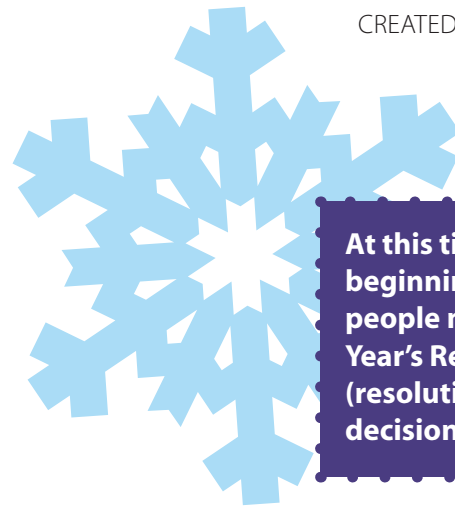
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## It is the start of a New Year – 2009!

The celebration of New Year's is one of the oldest of all holidays, first observed by ancient Babylonians around 4000 years ago.

Maybe this year you are feeling ready for a change in your attitude or actions. What kind of resolutions do you want to make?

If you don't know where to start, try reading **Exodus 20: 2-17** for 10 guidelines for living. If you follow these, you can't go wrong!



**At this time of new beginnings, many people make "New Year's Resolutions" (resolutions = decisions, promises)**

### Hear are 10 more suggestions for resolutions *based on your age*

#### *Preschoolers*

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease other children or animals.

#### *Kids, 5-12 years old*

- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.

#### *Kids, 13 years old and up*

- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When faced with a difficult decision, I will talk with an adult about my choices.



**Whatever you decide to do, you don't need to do it alone. God is always with you to lift you up, support you and listen to your prayers. He wants you to be happy. This is your chance to make any changes needed to make this new year a happy one!**