Happy New Year!

As we move into 2017, it is a great time to look back on all of the great things we have done in the past year and think about what we want to do this year, too. Celebrate all of the things you have accomplished this year! Did you finish another year of school? Did you join a club or sport? Did you join an ASAP support group or meet a new friend? If so, great! These can all be important parts of making your year the best it can be! If not, that’s ok too! Everyone has something different that makes their year special. Use this checklist to remember last year and find even more fun things to do for next year!

New Year’s Checklist

1. Find three pictures from last year that show things you love. It could be of you with your family, your friends, playing a game you like, or anything else you can think of!
2. Think about one new thing you did this year that you enjoyed. Did you join a club at school? Did you try a new food? Did you learn to swim or play a new game?
3. Decide on one new thing you want to try to do this year.
4. Meet a friend through ASAP! You can meet a friend by joining a support group, joining an ASAP page on FaceBook (with your parents’ permission), or attending the national conference.
Happy New Year!

Find words in this crossword related to New Year’s!

CALENDAR
CELEBRATE
EVE
FAMILY
FIREWORKS
GAMES
HAPPY

JANUARY
MEMORIES
MIDNIGHT
PARTY
RESOLUTION
TIMES SQUARE

American Syringomyelia & Chiari Alliance Project