



The Knight's Table



Self-reflection and gratitude are important practices that can help us become better people and feel happier. Self-reflection is when we take time to think about our actions, thoughts, and feelings. It helps us understand why we do things and how we can improve. When we reflect on what we did during the day, we can learn from our mistakes and also recognize our accomplishments. It helps us grow and make better decisions in the future.

Gratitude is about being thankful for the good things in our lives. It means appreciating what we have, instead of always wishing for more. Practicing gratitude helps us focus on the positive things, like having a loving family, good friends, or even a favorite hobby. When we practice gratitude, we are less likely to feel upset or sad about what we don't have. Instead, we start to notice all the wonderful things around us.

When we combine self-reflection and gratitude, we can see our lives in a new way. Self-reflection helps us realize how far we've come, and gratitude reminds us of the good things we might overlook. For example, after reflecting on a tough day, we might remember something positive that happened, like a kind word from a friend or a favorite part of the day. This makes us feel happier and more thankful, even on challenging days.

In conclusion, self-reflection and gratitude can make our lives better and help us become more positive. By reflecting on ourselves and being thankful, we learn to appreciate the good things we already have. Both of these practices can help us grow as people and improve our overall happiness.

-Leilani Quintana





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★ **Social Emotional Awareness Leadership** ★

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Being in a

Relationship is a lot like having a strong happy plant. It needs good soil with just enough water and sunlight to grow big and strong. Have you ever thought about how many different relationships you can have? You might have friends at school and in your family or even online. All these connections are called relationships. Your relationship with people needs special care to be strong and happy.

One of the most important things for a healthy relationship is talking and listening. Imagine you have something really important to tell your friend you want them to listen closely, right. You also want to share your feelings without yelling or being mean. That's called having good communications! Another big part is trust.

This means that you have to believe what your friend is saying and know that they will be there for you if you need it. It's like knowing that your plant will grow if you give it everything it needs to grow. When you trust someone you feel safe and happy with them.

Another very important thing is respect. In order to have a good relationship you need to be respectful of them and their boundaries but, this goes both ways. It's also important to understand how your friends are feeling. This is called empathy. It's like trying to imagine what it would be like to be in their shoes. This helps you be kind and helpful. But you should never change yourself for other people. You are how you want to be, not how other people want you to be.

In conclusion, building a relationship is like taking care of a special plant. It takes work and patience, but it's worth it!! When you talk openly, trust each other, show respect and understand feelings your relationship will grow strong.

- Amelia Tuzzolino



GOOD



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