



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



Embracing Change for Personal Growth

Change is an unavoidable part of life that often brings emotions full of fear and uncertainty. However, it is also important to remember that change provides opportunities for growth and new beginnings. Embracing change allows us to step out of our comfort zones and explore possibilities we may not have considered before. Adapting to change and being open-minded to new experiences is the key to thriving in our journey towards personal and mental development.

One way to welcome change is to maintain a positive attitude. Instead of viewing change as a negative or disruptive force, we can see it as a chance to make new friends, explore new hobbies, try new things, and discover what we may enjoy more. For example, if you move to a new city, you have the opportunity to meet new people, explore different places, and maybe find a new favorite bookstore or park.

By focusing on the optimistic aspects and the positive changes can bring, we can approach new situations with enthusiasm and curiosity. With this mindset, we can face the challenges that come with change and emerge stronger and more resilient.

It is also important to be adaptable and flexible when change occurs. Life is unpredictable, and things may not always go according to plan, but that's alright. Going with the flow and adapting to new circumstances can help us navigate through life's uncertainties. For instance, if your path takes an unexpected turn, rather than feeling defeated, you can see it as an opportunity to develop new skills or explore a different field that you might end up loving. Finding yourself within the chaos and learning to overcome obstacles allows you to climb to higher peaks and achieve personal growth.

In conclusion, change is an inevitable part of life that can lead to new opportunities and personal development. By adopting a positive attitude, focusing on the benefits of change, and being adaptable, we can navigate through life's changes with confidence and resilience. Embrace change, and let it guide you towards new horizons and greater self-discovery.

-Chloe Chen

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." - Charles Darwin



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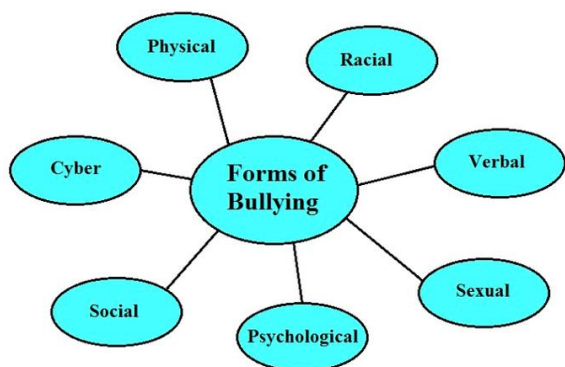


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The Many Faces of Bullying: Understanding and Addressing Harmful Behaviors



There are many different types of bullying, and it can be hard to keep track of them all. The main types are social, physical, and verbal bullying. These types of bullying are the ones we see the most, and they can really hurt people. Physical bullying is the most common type. It happens when someone hits, kicks, punches, or slaps another person. This kind of bullying is really harmful because it can leave people with black eyes and bruises. For example, if a kid gets punched at school, they might have a black eye and feel scared to go back to school. This is the worst place for bullying to happen because school should be a safe place for everyone.

Verbal bullying includes name-calling, insults, and mean teasing. It can make people feel really bad about themselves and can lead to problems like anxiety and depression. Imagine a student being called mean names every day. After a while, this can make them feel very sad and lonely.

Social bullying is when someone tries to hurt another person's reputation or relationships. This can include spreading rumors, leaving someone out of activities, or embarrassing them in front of others. For instance, a teenager who is left out of group activities might feel very lonely and start to have trust issues.

Bullying is often found in schools, but schools should be places where everyone feels safe and happy. If you ever feel bullied, it's important to talk to someone about it. You can go to a guidance counselor, teacher, or parent. They can help you deal with the situation and make sure it stops. We need to be aware of all the different types of bullying and work together to stop them. By doing this, we can make our schools a better place for everyone.

- Joseph Jr. Rodriguez



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KINDNESS CHALLENGE: CREATING A KINDER WORLD

How to Participate:

1. Compliment Someone:

- Tell a friend, family member, or even a stranger something nice. It can be about their outfit, smile, or anything positive you notice.

2. Help Someone:

- Offer to help a classmate with their homework, help your parents with chores, or assist someone who needs help carrying their bags.

3. Write a Thank-You Note:

- Write a short note or card to thank someone who has helped you or made a difference in your life.

4. Be a Good Listener:

- Take the time to listen to someone who needs to talk. Show them that you care about what they are saying.

5. Pick Up Litter:

- Help keep your school or community clean by picking up trash and disposing of it properly.

6. Share a Smile:

- Smile at people you see. A simple smile can brighten someone's day.

7. Donate Items:

- Collect clothes, toys, or books you no longer need and donate them to a local charity.

8. Include Others:

- Make sure to include classmates in activities and games. Invite someone who might be feeling left out.

9. Plant a Tree or Garden:

- Help the environment by planting a tree or starting a garden. It's a fun activity that benefits everyone.

10. Be Kind to Yourself:

- Practice self-care. Take time to do something you enjoy and remind yourself of your strengths and accomplishments.

Why It Matters:

Kindness can have a ripple effect. When you do something kind, it not only makes the other person feel good but also inspires them to pass on the kindness. Together, we can create a kinder, more supportive world.

Participate in the Kindness Challenge and help spread kindness wherever you go. Let's make the world a better place, one kind act at a time!



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A Kinder World

This puzzle is a word search puzzle that has a hidden message in it.

- ✓ First find all the words in the list.
- ✓ Words can go in any direction and share letters as well as cross over each other.
- ✓ Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

E P G K I N H G D N W E S G S
 G T O R C T H E E R A I P N C
 E E A L A H D N L P R L E I T
 E T N N I C A E F P M F T G H
 E C A T O T I R T T F E O A O
 F A B R L I E O I R H U E R U
 Y P T T E E S U U T A E L U G
 R L A W O D R S A S A E L O H
 D F D T S D I P A T X B H C T
 H Z E N I B M S P P V G L N F
 G W E X E E K Q N L M T E E U
 D A C A R I N G I O G O L Q L
 S I R L Z S R T M F C P C T Q
 R E S P E C T F U L F Y V J T
 V H V J E V I T R O P P U S D

Compassionate
 Generous
 Empathetic
 Considerate
 Helpful
 Friendly
 Thoughtful
 Caring
 Supportive
 Encouraging
 Respectful
 Polite
 Understanding
 Gentle
 Gracious
 Patient
 Forgiving
 Warm-hearted
 Selfless
 Charitable

" _____ : _____

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