



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

Turning Challenges into Triumphs Building Resilience



In life we often face challenges, obstacles, and setbacks that block our ways and act as barriers that slow us down. It's our ability to persevere and bounce back in the face of adversity that defines our resilience. Building resilience is essential for navigating the ups and downs we face in our everyday life and turning challenges into triumphs. By cultivating resilience, we can turn our hardships and challenges to opportunities to grow and learn from our mistakes.

Resilience involves developing a mindset that sees setbacks as temporary rather than viewing challenges as insurmountable and impossible to overcome. To be resilient means to see opportunities for growth and learning. By embracing a growth mindset, characterized by optimism and belief in your ability, it enables you to approach challenges with courage and determination. By reframing setbacks as valuable lessons and learning experiences you can slowly turn challenges into triumphs.

Moreover, resilience helps develop problem solving strategies and support networks to navigate adversity effectively. Setting meaningful goals, pursuing your passions, and staying focused on a vision of success provide a sense of direction when feeling lost while facing a challenging time.

By staying positive and motivated during challenging times it can help strengthen your mindset and resilience. Additionally, with the support from friends and family they can provide guidance, support and make you stronger than before. By reaching out for help and leaning on others for support, resilient individuals can navigate challenges with greater ease and fortitude. Maintaining a sense of purpose and optimism can help in face of adversity. By focusing on the possibilities and opportunities that lie ahead, you can easily overcome challenges and turn them into triumphs.

In conclusion, building resilience is essential for turning challenges into triumphs and navigating the twists and turns of life with grace and fortitude. By cultivating a growth mindset, staying positive, and seeking support, you can easily overcome challenges and emerge stronger and more resilient than before. As we embrace the journey of building resilience, you can empower yourself to transform challenges into opportunities for growth, learning, and ultimately triumph.

-Celine Zeng

"Fall seven times, stand up eight." - Japanese Proverb



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Finding Balance with a Digital Detox Challenge



In today's world, we're surrounded by screens everywhere we go. From smartphones to laptops, technology has become a big part of our daily lives. While it's great for staying connected and entertained, spending too much time online can sometimes make us feel overwhelmed and drained. That's where the digital detox challenge comes in. It's all about taking a step back from our devices and finding a healthier balance between our online and offline activities.

When we're constantly glued to our screens, it can affect our well-being in various ways. We might find ourselves feeling stressed, tired, or even anxious after spending long hours online.

But by participating in a digital detox challenge, we give ourselves the opportunity to recharge and focus on other aspects of our lives. Whether it's spending time outdoors, reading a book, or engaging in creative activities, taking breaks from technology can help us feel more refreshed and energized.

For young people, finding balance with technology is especially important. With so much of their lives revolving around social media, gaming, and online communication, it's easy to lose sight of the world outside of screens. By embracing the digital detox challenge, adolescents and teens can learn to manage their screen time more effectively and prioritize activities that promote their overall well-being. Whether it's spending quality time with family, pursuing hobbies, or simply enjoying the outdoors, taking breaks from technology can help young people lead happier, healthier lives.

-Venice Koek

"Sometimes you need to step outside, get some air, and remind yourself of who you are and who you want to be."
- Unknown



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As the New Year 2025 begins, many people make resolutions to improve themselves. Some want to exercise more, eat healthier, or work harder in school. While these are all great goals, I decided to focus on something different this year. Instead of changing how I look or what I do, I want to focus on how I treat others. My New Year's 2025 resolution is to be kinder, more caring, and more thoughtful toward the people around me.

One way I plan to keep my resolution is by listening more. Sometimes when my friends or family talk to me, I'm so busy thinking about what I want to say next that I forget to really listen. This year, I want to practice being a better listener. When someone is talking, I'll stop, look at them, and try to understand how they're feeling. Listening shows respect and makes others feel valued.

Another part of my resolution is to be more patient. There are times when I get frustrated if things don't happen the way

I want them to, or if someone takes too long to explain something. I want to remind myself to stay calm and give others the time they need. Being patient not only helps me feel more peaceful but also shows that I care about the people around me.

I also want to be more thoughtful about how I treat my classmates and friends. This means saying kind words, helping when someone needs it, and noticing when someone feels left out. For example, if I see someone sitting alone, I'll invite them to join my group. Small actions like these can make a big difference in someone's day.

Finally, I want to be more forgiving. It's easy to hold grudges when someone makes a mistake or hurts my feelings, but I know that forgiving others is important. Everyone messes up sometimes, including me. By forgiving others, I can help keep friendships strong and create a more positive environment for everyone.

This year, my resolution isn't about how I look or what I achieve; it's about how I make others feel. I believe that being kind, patient, and thoughtful will not only help the people around me but also make me feel happier inside. After all, the best way to start a new year is by spreading kindness and caring.

-Alexia Carletta





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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.

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

RENEWAL
 COMPASSION
 FRESH START
 GENEROSITY
 HOPE
 JOY
 EMPATHY
 GRATITUDE
 POSITIVITY
 CHARITY
 PATIENCE
 WARMTH
 REFLECTION
 BENEVOLENCE
 UNITY
 LOVE
 UNDERSTANDING
 FORGIVENESS
 HARMONY
 INSPIRATION

Product of the **S.E.A.L.** Team

Katie Chan, Chloe Chen, Adrian Chow, Venice Koek, Eric Lin, Erik Lin,
Emily Liu, Isabella Palazzolo, Emily Rodriguez, Celine Zeng (8th grade)

Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros,
Kara Manuela-Cruz, David Zhang, Grace Zhang (7^h grade)

