



The Knight's Table



In April, people learn about cultural diversity. Without its many different kinds of people, our society would not be what it is. It's what makes us unique and gives life so much variety. Cultural Diversity Month is a time to celebrate and learn about the many different cultures that make up our world.

People use the term "cultural variety" to talk about the different ways that people do things. There are differences in language, religion, culture, and philosophy.

So, why is it so important to have lots of different cultures? Having a diverse group of people is good in many ways. First, it makes society more accepting and open to everyone. Exposure to other cultures helps people understand and value the values and beliefs of those cultures. Because of this, we are better able to break down barriers of prejudice and make real connections with people from all walks of life.

Second, it's good for society to have people from all walks of life. It brings in new ideas, ways of doing things, and products that could make our societies better. The food we eat, the music we listen to, and the things we make are all examples of how many different cultures affect our daily lives. We can make our society more interesting and fun by letting these things in.

How can we show respect for the different ways people live? Here are a few suggestions:

Learn about different cultures. Read books, watch documentaries, and go to cultural events to learn about other civilizations and their customs. Try out new foods. Eating different foods is a great way to learn about other cultures. Try food from all over the world to learn about its different tastes and flavors

Learn about the history and traditions of different holidays and celebrations by taking part in events related to them. Accept difference: Diversity is what makes us different, so remember that. Accept each other for who you are and be glad that your community is so different.

To sum up, April is Cultural Diversity Month. This is a time to learn about and celebrate the many cultural traditions around the world. If we do this, we can make society more interesting, break down assumptions and stereotypes, and help people from different cultures get along better with each other. Let's take advantage of the day to think about what each culture brings to the world.

-S.E.A.L. Team Collaborative Discussion



"Diversity is the one true thing we all have in common. Celebrate it every day."

-Winston Churchill



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Social Emotional Awareness Leadership



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Every year on April 3rd, we get to celebrate National Find a rainbow day. People get to look up and get challenged to try and spot an array of colors across the sky. What exactly is this holiday? Well, it's actually exactly as it sounds! Find a rainbow day is celebrated by finding a rainbow anywhere and in everything. It is a day of joy and happiness and a sign of hope for everyone in the world of any gender, any group or ethnicity and nationality.

Rainbows have always been so special to humans and somewhat full of mystery. On this colorful holiday we can appreciate life and the beauty of nature, as well as trying to find positives out of all the negatives. Some ways to celebrate are to challenge yourself! Try to find a rainbow anywhere. If you can't find one, it's okay! Dedicate yourself to being positive and happy and to making the best out of every situation! If you really want to take the day further, get creative and make some rainbows yourself! Here are some cool and creative ways to celebrate:

WAYS TO CELEBRATE

Let's start with the easiest way:

- ❑ Look for a rainbow! A rainbow needs water droplets to form. That's why we see them after it rains. The day should be a bit humid but sunny. The Sun has to be behind you and the clouds need to be cleared away from the Sun for the rainbow to show. When the light bends the water droplets at 42 degrees Fahrenheit, we can see a rainbow.

- ❑ Make your own rainbow! Use your creativity and supplies to create a rainbow of your own imagination! If you aren't the artsy type, a light mist from the water hose at a certain angle that catches the sun can create its own rainbow. Use a prism or a mirror with water to make your own rainbow indoors! You can also try making tie dye shirts or rainbow colored cupcakes, just to bring some joy to your day.
- ❑ Be positive! Make the most of everything. You should try and be positive and spread positivity to everyone around you. Just like Charlie Chaplin said, "You'll never find a rainbow if you're looking down." If you are always negative, you'll never find joy and hope.
- ❑ Try to make the most of everything. For example, if you had to go outside to exercise, you could arrange a meeting with your friends at a nearby park and make exercising a social event! After all, like this quote states, "The greater the storm, the brighter the rainbow." Help others and be kind. I love these quotes so much!
- ❑ Listen to rainbow inspired songs or read rainbow inspired literature pieces and quotes. They will guarantee to make you feel better and happier.

-Rainie Lin





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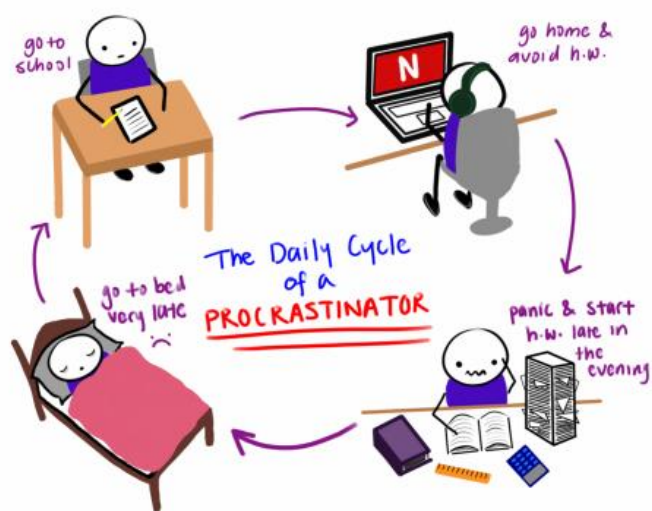
blah,
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Are you tired of your parents telling you a million times to clean your room? Or your teacher reminding you to finish your homework that's been missing for over a week? Feeling sick of the constant naggings coming from people around you? Then April 17th is the day for you to focus on the things that you've been ignoring or procrastinating.

April 17th is National Blah Blah Blah Day. This creative and amazing holiday was created in 2006 by Ruth and Thomas Ray of Wellcat Holidays and Herbs. We've all experienced procrastination. Someone tells you to do something or informs you about something, but all you hear from them is blah blah blah. Why? That's because you're completely tuning out and not paying attention.

Blah blah blah day is all about giving your fullest attention to the things that people have been nagging you to do, or goals that you have set for yourself that you have been ignoring. It can be as simple as organizing your books or finishing a project. So what are you waiting for? Get on it and get to work. You can do it!

-Elly Wu Feng



“My advice is, never do to-morrow what you can do today. Procrastination is the thief of time. Collar him!”
— Charles Dickens, David Copperfield



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optimism

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

thankful
 cheerful
 attitude
 blessing

hopeful
 choice
 good
 grateful

confident
 change
 happy
 positive



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

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