



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

Every single year we celebrate National Self-Check Month in February, a month dedicated to reminding ourselves to check our health and well being. We can take charge of our bodies and our own health to prevent illness and maintain hygiene.

Why is self-check month important? Most of us go to the doctor 1 to 4 times a year for checkups. Even if we know we have to go for a checkup soon, we try to ignore or reschedule them. That means we don't attend to our bodies as much as we should. Because of this, we may not notice the symptoms of illnesses and diseases we might have. Without enough care and treatment, our bodies' illnesses may go unnoticed and we will eventually sicken until it is too late.

Another reason why self-check month is important is to commit ourselves to checking our mental health. Most of us don't really focus on our mental health or we simply neglect it. Mental health includes our emotional and social well-being. It affects how we think, feel, and act. It also helps determine the way we handle stress, relate to others, and how we make safe and healthy choices. Mental health is important at every stage of life, from our early years and adolescence through later life.

What are some ways we can check ourselves physically and mentally?

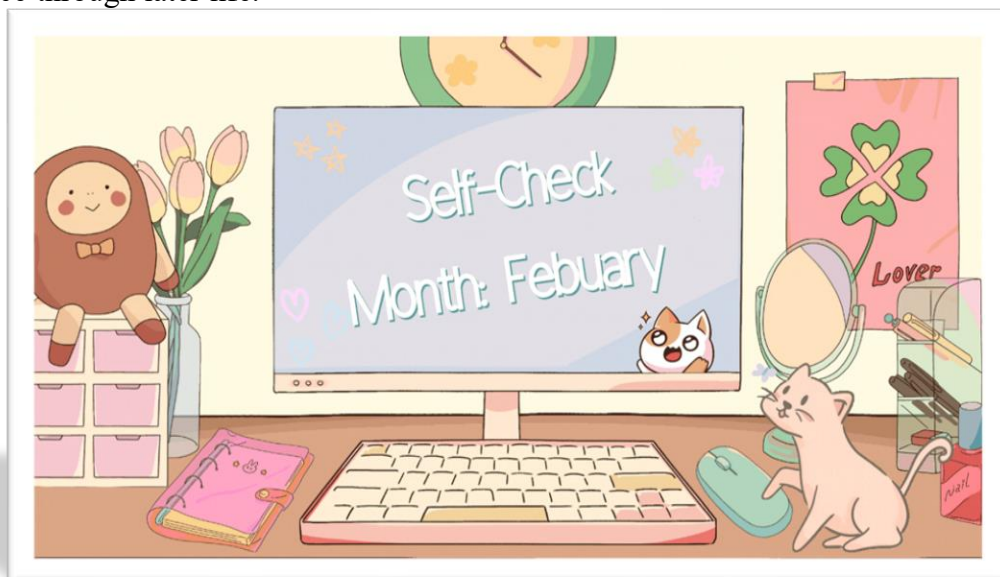
Ways to check yourself physically

- ✓ Go to the doctor for a checkup or schedule an appointment
- ✓ Eat healthier
- ✓ Exercise Daily
- ✓ Stay hydrated
- ✓ Take vitamins

Ways to check yourself mentally

- ✓ Go to a therapist
- ✓ Ask yourself questions, like: what am I feeling? How are my grades doing?
- ✓ Socialize with others, make new friends
- ✓ Have fun with your loved ones or friends
- ✓ Stay positive, remind yourself that you are loved and never alone
- ✓ Take slow deep breaths and count
- ✓ Try yoga or listen to calming music, you can also read, sing or dance
- ✓ Try something new or something that makes you feel happier or do something regarding your talent or hobby
- ✓ Exercise to relieve stress
- ✓ Take good care of yourself and make sure you're not pressured or overwhelmed

-Rainie Lin





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Have you ever felt like you wanted to give up? That you wanted to quit? Well, National Get Up Day reminds you to pick yourself back up when you fall, and give it another try!

National Get Up Day was first celebrated on February 1st, 2017. At first, this holiday was created to encourage skaters to “get up” when they stumble. Why skaters? You might ask. Well, January is National Skating Month. U.S. Figure Skating founded National Get Up Day to urge all defeated skaters to never lose hope. That’s why U.S. Figure Skating chose February 1st to observe this meaningful holiday. Although now, this holiday isn’t just for skaters, it’s for everybody!

Sometimes, we all need some support. Some days, we feel like we messed up “big time.” That we made a wrong choice and felt like quitting. Nevertheless, we can always learn from our mistakes! That’s why National Get Up Day will always remind us of how each and every one of us should never become discouraged and how we should always believe in ourselves!

One time that I felt defeated was when I was practicing my recital dance in ballet class. The steps were getting very complicated to learn and I was having a hard time catching up.

I even considered not doing the dance and quitting. Nonetheless, my family members were there to comfort and persuade me to “get up” and to keep moving on. I took their advice and did just that. I “got up” and kept on practicing the recital dance until I did it perfectly! National Get Up Day is also there to imply how we can all “get up” and achieve our dreams!

Even when we meet obstacles in our life, we should believe that we can overcome them. Instead of contemplating on the negative side of a situation, we should focus on the positive side. There will always be tough times in our lives, but we should always have hope, no matter what happens! You can celebrate National Get Up Day by “getting up” when you fail or struggle. By “getting up” every single time, it will eventually change you into a stronger individual.

The more you “get up,” the easier it becomes! You can also share your experiences. Whether it’s online on social media, or in-person, you can always encourage others to “get up” every day! By not dwelling on the negative aspects of things, you can become a more optimistic person!

This special holiday, National Get Up Day, is meant to motivate everyone to keep on persevering and to always stay strong!

-Joanna Zhang

*"The most important thing is to try and inspire people so that they can be great in whatever they want to do."
-- Kobe Bryant*



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Thank you, Thank me

Thank you for your patience
For when I needed someone to talk to
For when I needed someone to listen
And when I finally did something
I truly felt accomplished
All because of you

Thank you for being there for me
When you've stuck by me all around
For when I needed a shoulder
To lay my head
And all the thoughts
That pollute my brain

Thank you for helping me
Get up in the morning,
With my homework
To eat when I need to
Now I just have to thank you
For being me.

- Rachel Wang



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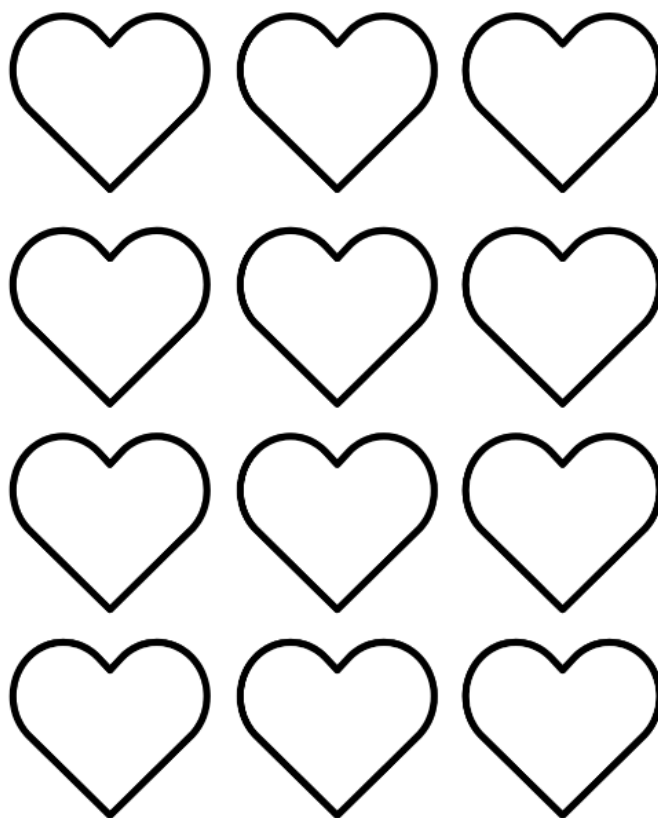


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February is month of love and kindness. Every time you do something nice, write it or draw it on a heart, cut it out, and place it in your jar. Watch your kindness jar fill up.



My Love Jar of Kindness



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

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Small S.E.A.L. Six

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