



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



You may have heard or said the word love before. You have probably felt it too. That feeling when you know it's more than just like. Do you ever consider what love truly entails, though? The word love as defined in the dictionary as a noun means an intense feeling or deep affection, while as a verb it means to feel deep affection for.

Love is a basic human emotion that's rather complex. We do not fully understand why we feel that way or say the word love. You can love anything. It can be living things and nonliving things. For instance, you may love your pet because they make you feel joyful. Whereas you can also love a book because you feel represented or just relate to its words. But why and how is loving and feeling loved important? Love is the base of a happy family. You can also love your friends as well, because they mean a lot to you. While we don't know why we feel that way, we know where it comes from. When you're around your family or friends, you just feel genuinely comfortable and happy even without you knowing. Feeling loved is equally as important. Whether you're having a bad day or just going through a difficult time. You know that there are people like your family or friends that love you and will support you

Both loving and feeling loved are proven by studies to have mental and physical health benefits.

It lowers your blood pressure, stabilizes your mood, and even makes wounds heal faster! Generally, loving others and feeling loved just gives us a much more fulfilling and happier life.

Now that we have a broader understanding of "love", how do we express love? Helping out your family with chores, telling them how your day was, asking them how their day was, are just some examples of how you can show your love towards them. For your friends, hanging out with them, listening to what they have to say, and being there for them when they need you are examples of how to show your friends you love them. These acts can be small but meaningful.

Great, now we've learned the definition of love- how to show love- there is one most important part- love yourself. Before you love others, learn to love yourself first. Loving yourself furnishes self-esteem, confidence, self-worth, and overall makes you a more positive person. By loving yourself, you learn how to take better care of yourself and saying "no" when you don't want to act or say certain things. How are others going to love you if you don't love yourself first? If our minds are filled with criticisms and judgements about our own self, we are less likely to take actions that bring in happiness and positivity.

There is no single definition of love. Whether it's your love for yourself, your family, your friends, your pet, or your favorite things. It is a feeling that no one else can take away from you. It is the feeling that you truly care for another's existence and wellbeing. It is the urge to be there for another when they need you. The urge to share in your accomplishments while also listening to their struggles. Love has no borders or limits.

That is the true meaning of love. ♥
-Elly Wu Feng



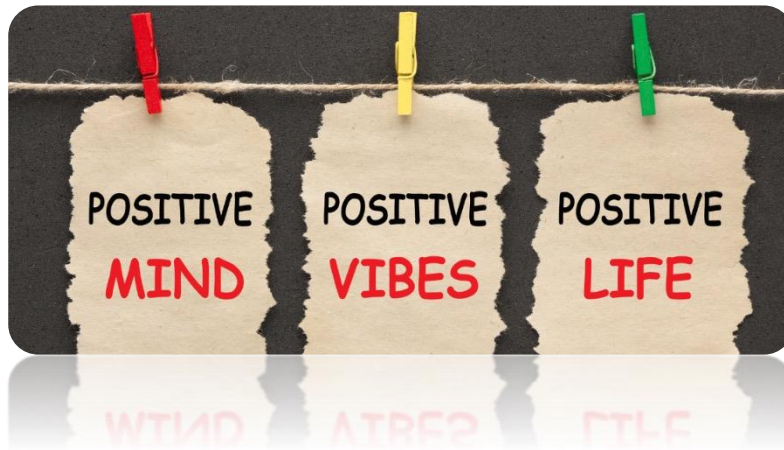
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Optimism. What's so good about it? Why is it important? What even is optimism? Well, optimism is the feeling of confidence and hope about something in the future. Being optimistic is important because it can help us become happier, more successful, and, believe it or not, healthier. Keeping up a cheerful attitude allows smaller risks against depression and stress. As a result, these people can also form better relationships with those around them. They can also increase their level of physical activity, memory, and way of thinking. During challenges you face, looking at the upbeat part of life can do some good. While working, going to school, or doing anything, optimism can allow you to see the benefits and look more on the bright side of things. In addition, being hopeful can positively affect a person's problem-solving ability, productivity, and management of time and resources.

Optimism is also crucial because it helps us become happier and more confident towards ourselves.

For example, if you were to give a presentation to a meeting or a class, you might feel upset, embarrassed, or messed up, but it's alright. The biggest mistake would be giving up after an extreme amount of effort you put in. Yet, if you keep on going, it'll permit you to achieve more goals. This could also lead to opening up and understanding others. What's more, when someone is down, the optimistic person can be the one to hold and shine the light on them. In the end, you might as well have just earned a fan!

How can you be an optimistic person?

You can:

- - Smile more
- - Help out whenever it is needed
- - Assist your family with chores
- - Compliment others
- - Keep going even when times are tough
- - Accept yourself for who you are
- - Encourage others when they start to give up
- - Live your life to the fullest
- - Do not blame yourself or others if something goes wrong

Being optimistic will help you be a better person!

-Zia Chan

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. Helen Keller



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INK OF AFFECTION: HEARTFELT POEMS FOR ALL TO ENJOY

FALLING OUT OF LOVE

In the middle of the day
 And the very last of May
 Summer will begin to form
 For the sun to shine their rays
 As seasons come and change
 I feel my feelings start to fade
 Under trees that provide shade
 The sun will start to set
 Leaves will start to flow
 Wondering which way it'll go
 I'll think about the words you said
 If it all just ends today
 I think that I will be okay
 But I'll always wonder if
 This was how it should've been
 Yet spring will come again
 I've lost this love of mine



WOMEN IN MY DREAMS

Women in my dreams
 Are able to feel
 Alive and happy
 More than they will
 In actuality

Women in my dreams
 Are able to feel
 Love for one another
 Even more than a friend
 And not get judged

Women in my dreams
 Are able to feel
 Safe when walking
 Down a street
 On a full moon

Women in my dreams
 Are able to feel
 What they will never
 Be able to feel
 Outside of a dream

Tears for Dreams

I sense you every time I'm here
 I see your reflection in my tears
 For love was all I wanted
 Which I'll never get
 But I've never realized
 How you were always there
 When I needed a heart
 That I could borrow
 Until mine decides it's fine
 Enough to be used
 So this time
 I don't think I'll ever have to worry
 About using your heart
 Because mine will not need time.



-Rachel Wang



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Do people really see you...How can you be seen?

One day you are in class. You try to talk with everyone, but it seems like no one is interested in what you want to say. Sometimes, it feels like you don't fit in and no one seems to know who you are. You wonder how to be like everyone else. But you should remember that you are unique because you are you.

If you are like everyone else it would be boring. Everyone would be like the same person and they would do the same things. In a world like this, no one would stand out to you since everyone does not have anything unique about them. Basically, the best way to fit in is to not fit in. You just have to be yourself for people to notice you.

Being yourself can be hard sometimes. Sometimes people can bully you for being yourself or they can not like you for being who you are, but this should not stop you from being yourself. If you were acting like them, you would still feel wrong deep down inside. Being yourself can help you accept who you are and show other people that you are unique.

You do not only benefit yourself when you are being true to yourself, but you can also benefit other people. Others can learn about you and you can find things that you have in common with them. You can find friends and you and those friends would benefit from each other's support and friendship.

In conclusion, you can be seen simply by showing your true self. You do not have to worry about what others think about you. Even if others think that you are strange or weird, both you and them may benefit from you being yourself.

-Sally Zeng

**"BE YOURSELF; EVERYONE ELSE IS ALREADY TAKEN."
— OSCAR WILDE**



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BeYOUtifully Me

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

- ✓ First find all the words in the list.
- ✓ Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

ACCEPTANCE
 BE
 CHERISH
 EMBRACE
 EMPOWER
 GROWTH
 NURTURE
 STRENGTH
 VALUE
 AFFECTION
 BELONGING
 COMPASSION
 EMOTION
 EXPRESSION
 HEART
 RESPECT
 SUPPORT
 WORTH
 AUTHENTIC
 CARE
 CONNECTION
 EMPATHY
 GRATITUDE
 KINDNESS
 SELF
 UNDERSTANDING





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