



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



What pushes you to be a better person? Other people's actions change how we feel, depending on how nice they are. Treat people how you want to be treated. If you help them, they may help you back when you need it. When you are in a time of need, they can help you get back on your feet.

True friends will always be there for you if you are there for them. For example, your friend wants to hang out with you, but you don't since you want to do something else; play alone on your computer. That's not a true friend. If you hang out with them a lot and have more fun with them, they will always have fun with you and always be there for you. That is what a true friend is. True friends push you to be a better person. They say things that inspire you to do better, as a human being. Or, maybe they will help you to study, or maybe exercise with you. This is someone that pushes you to do better; a friend.

Other people that might push you to do your best can be your parents. Your parent's should always be there for you and try to help you. You should aspire to be like your parents. You don't realize it right now but, when you have a child, you will see how much your parents sacrificed for you. These are the types of people that you should want to emulate. People are not good or bad, they just sometimes make wrong decisions. You want to be the one that makes the right decisions. You want your parents to be proud of you. You want them to be able to say, "I raised that kid."

In conclusion, you should always aspire to be like the person that helps you when you are down. Overall, when people help you, you should always be there for those who are there for you. Once again, what pushes you to be a better person?

- Matthew Fronshtein and Mek Gralak





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Every flower that has ever bloomed isn't the same. Some are different colors, while others are different shapes and sizes. When a flower blooms, nobody can predict exactly what it will look like. A flower doesn't pay attention to what the other flowers are doing. A flower blows in the wind with confidence, like no one's watching. So that's what you should do. Be the flower that doesn't acknowledge the other flowers in the field, and be the flower that blows in the wind like they aren't afraid. Because we all deserve to bloom. We all deserve to bloom with confidence.

Everyone should have confidence! Confidence is something that can come to people easily, or it could be difficult.

From personal experience, it can also be something that grows with you, that turns you into the person you're supposed to be. Confidence can mean many things. It could mean that you're happy with yourself, or if you feel good about an essay you wrote. If you feel like you're on top of the world, that's confidence. Something so scary, but it can make you feel amazing.

It doesn't matter what you look like, what your interests are, or whoever you are as a person, you deserve to feel confident. So this May, let's all have a little more confidence in ourselves. Let's all be the flower that blows in the wind even if nobody cares. Be your own amazing person, everyday! A little more confidence can go a long way.

-Sophia Giannone



I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. ~Michael Jordan



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To be successful, we need to embrace resilience and growth! Resilience means not giving up when things get tough. It's like being a strong tree that can bend in the wind but never breaks. Sometimes, we might find our schoolwork difficult, but that's okay! We can keep trying, asking for help, and practicing until we understand. Resilience helps us learn and become better students.

In school, we may face challenges or changes, like new teachers or classmates. It might make us feel scared or worried. But you know what? We can handle it! Just like when we ride a bike for the first time, it feels scary at first, but with practice, we get better and feel more confident. We can talk to our teachers or parents about our feelings, and they can help us feel more comfortable. Change can be exciting too, because it opens doors to new opportunities!

When we make mistakes at school, it's essential not to feel discouraged. Everyone makes mistakes, even grown-ups! Making mistakes means we are trying and learning. It's like when we build with blocks – sometimes, the tower falls, but we can always try again. Our teachers understand that, and they want us to learn and improve. So, instead of feeling bad, we can learn from our mistakes and do better next time.

Being resilient also means facing our fears and trying new things. Remember the time you were scared to read aloud in class? It happens to many of us, but we can conquer that fear! Taking small steps, like reading a sentence or a paragraph first, can help us feel more confident. Our friends and teachers are there to support us too, so we don't have to do it alone. With practice and bravery, we can do things we once thought were impossible!

Let's be like a garden of growing flowers, always embracing resilience and growth. We can encourage each other, cheer on our classmates, and celebrate our progress. When we see others trying hard, we can be kind and say, "You can do it!" Together, we create a wonderful and supportive school community.

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” — Nelson Mandela



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Unbreakable Spirit, Unstoppable Resilience

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.

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



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|------------|------------|-------------|
| Adaptable | Brave | Brave |
| Calm | Calm | Courageous |
| Durable | Enduring | Energetic |
| Flexible | Gritty | Hardy |
| Persistent | Persisting | Resourceful |
| Robust | Solid | Solid |
| Steady | Steady | Strong |
| Strong | Strong | Tenacious |
| Tough | Tough | Untiring |
| Unyielding | Vibrant | |



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