



# The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



新年快乐! Felice Anno Nuovo! Feliz Año Nuevo! These are only a couple of ways to say Happy New Year! No matter where you are in the world, New Year's Day will always be an exceptional day that celebrates the new year. For example, in India, you would celebrate New Year's day by eating 12 grapes. While in Brazil, people would usually celebrate by going to the beach. They were supposedly supposed to jump 7 waves while making 7 wishes right after midnight. Different huh? People from all around the world have their own way of celebrating New Year's Day.

Naturally, New Year's Day comes with New Year resolutions. New Year resolutions help you set goals for yourself for the rest of the year. It gives you motivation to keep moving forward, to never give up, and to believe in yourself.

You can start your New Year Resolutions by brainstorming about what you want to improve on, what new things you want to learn, and even what things you want to stop doing. As an example, for myself, I would like to improve my writing skills to be the best writer that I can be. I would also like to learn how to figure skate as something new for me to try. As for what I would like to stop doing, is packing my schedule with excessive things, which will hopefully clear up some free time for me to enjoy myself. Now, it's time for you to think about some ideas for your New Year Resolutions. You can add topics to write about and hopefully, you will achieve most of them.

Have your family and friends join in on making resolutions. It can be a fun family activity to see who can achieve more resolutions. It can be anywhere from getting higher grades in school to seeing who can sharpen the most pencils in one minute. Some friendly competition won't hurt, right? As these are just a couple ideas for New Year resolutions, you can create your own, and try your best to accomplish them!

To sum it all up, making New Year Resolutions is a terrific way to start a fresh, new year in a positive, motivating way.

-Joanna Zhang



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When we set New Year's resolutions, we are utilizing a very important concept called self-efficacy, which means that by virtue of aspiring to a goal and following through on it. A New year's resolution is what we do at the start of new years. We set a goal for ourselves to see if we can accomplish it by the end of the year. Setting a goal for yourself is very good for you because it gives you a goal and you can Being honest with yourself about your current condition and the distance to your preferred situation is key to improvement. And being intentional about how you want to grow and develop will help you achieve results. This intentionality will also contribute to your happiness and fulfillment.

When you're moving forward with clear direction, you make a positive contribution to your emotional and mental health. This positive view of the future, in turn, tends to motivate action. If you don't believe tomorrow can be better, you're unlikely to take steps to improve yourself or your community. So optimism is doubly beneficial—contributing to your own mental health, but also engaging you toward positive action which has an effect on those around you.

-Derek Wen



**If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.**

**-Mahatma Gandhi**



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Consequences are something that everyone will face throughout their life but not everyone knows the reason for them. Consequences are something that happens when you do something wrong and receive a punishment, people get consequences in various ways and people take it in different ways. Anyone can give punishments such as teachers, parents, and friends which all give different consequences. Even though some people learn their lesson some people do not get why they get a consequence and do nothing about it but that's not right when someone gives you a punishment it's not just for the fun of it they are trying to teach you a lesson so you won't do it in the future. They do this because if you always get in trouble it will affect you in the future and it might get worse and worse and when you get older people might give you a lot harsher punishments.

For example if you keep getting in trouble in school and you don't do anything to change your behavior you will not get as many opportunities in the future such as you might not get into a good college or high school and that will also affect you for your whole life because you can never change what you have done if you do not take care of the opportunity that is given, you would not be able to get into good paying jobs which will affect you for your whole life. Not to mention, if you keep getting in trouble you not only get in trouble but you might get suspended or worse expelled from school. People who do not take consequences seriously will most likely get into a lot more trouble in the future while the people who change what they do will receive better opportunities in life.

**-Derek Wen**





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## NEW YEAR, NEW YOU - RESOLUTIONS COME TRUE



Find the word in the puzzle.

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

ACHIEVEMENTS  
 CHALLENGES  
 DEDICATION  
 GROWTH  
 IMPROVEMENT  
 RENEWAL  
 AMBITION  
 CHANGE  
 DETERMINATION  
 HABITS  
 MOTIVATION  
 RESOLUTION  
 SUCCESS  
 ASPIRATIONS  
 COMMITMENT  
 SELF  
 GOALS  
 IMPROVEMENT  
 PROGRESS

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