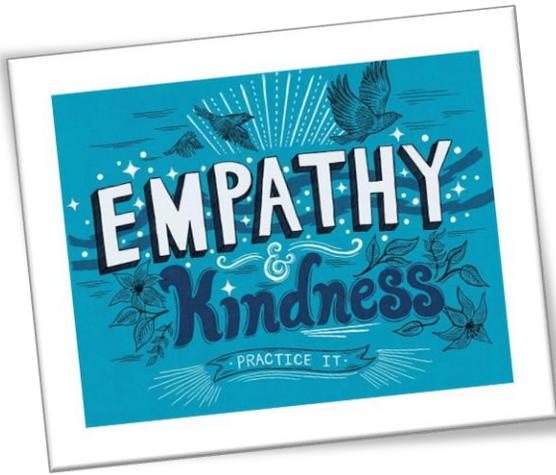




The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



What is empathy?

Empathy is being able to share and understand another person's feelings. Empathy could be comforting a friend when they're feeling sad or even helping someone who just fell. We should be kind and have empathy because you can make others feel better, and it makes you a better person.

The month of February celebrates Valentine's day. Valentine's day is a day to show appreciation to people you love such as family, friends, teachers; try writing a card to someone you appreciate and write something nice! It doesn't matter what you put in the card, it could be candy or a gift card, it's the thought that counts.

Being appreciative is important because your parents, friends sacrifice a lot for you whether you believe it or not. They care about you, take care of you, and have empathy for you when you're feeling sad. When you do something kind, you would think no one notices. But, being kind makes you feel good! It also builds character which means to develop positive character traits, kindness is never wasted because what you do, you get back.

In conclusion, empathy is being able to share and understand another person's feelings, even just a small act of kindness like holding the door for someone and sharing a snack, can make someone's day. Being appreciative is important because in a world without people who care about you and are willing to sacrifice, would be the same as a lonely world. So together, let's make the world a better place, one act of kindness at a time.

-Aubrey Wong

“Kindness is the language which the deaf can hear and the blind can see.” —Mark Twain



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Culture appreciation is an important way to learn about and respect the different ways people live around the world. Every culture has its own traditions, foods, clothing, art, and language, which make it unique. By understanding and appreciating these differences, we can build stronger friendships and create a more peaceful world. Instead of making fun of something new or unfamiliar, appreciating it helps us learn to see the value in all cultures, even if they are different from our own.

When we appreciate other cultures, we also celebrate the creativity and hard work of people from all backgrounds. For example, in some cultures, food is a big part of family traditions, and they may have special recipes that have been passed down through generations. By learning how to cook a new dish or trying foods from other cultures, we not only enjoy new flavors but also connect with people who have different histories and experiences. These moments can help us understand and appreciate the richness of the world's many cultures.

Language is another way we can appreciate culture. Every language has its own beauty, whether it's the way the words sound or the meanings behind them. Learning a few words in another language, like saying "hello" or "thank you" in Spanish, French, or Japanese, shows respect for that culture. It also makes it easier to communicate with others, which can lead to new friendships. The effort we put into understanding a new language shows that we value the people who speak it.

In conclusion, culture appreciation is all about learning and showing respect for the different ways people live around the world. It helps us see the beauty in diversity, whether through food, language, art, or traditions. By appreciating other cultures, we become kinder, more open-minded people who understand that everyone has something special to offer.

-Leilani Quintana





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LOVE STORY WORD SEARCH PUZZLE

ADORE
 CARE
 CARESS
 DATE
 DEAR
 DESIRE
 DEVOTED
 ENGAGE
 FANCY
 FAVOR
 FERVOR
 FIANCE
 FOND
 HAPPY
 HEART
 HUG
 KIND
 KISS
 MATE
 ROMANCE
 SWEET
 TREASURE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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

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