



# The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



On January 25th is when we celebrate National Opposite Day. But how did this all start? How do we celebrate this day and what is so special about it?

## How did National Opposite Day start?

January 25 in the United States, is when we celebrate National Opposite Day. This started as a kid's game, but anyone can join. By saying the opposite of what you mean. In different years there are things that happened on this day.

In 1959, a president named Dwight Eisenhower announced that it was the opposite day for one day only. This ended when the president was ordered by his granddaughter to implement this order. This is how National Opposite Day began.

Though we don't know much about this day, we did find out something interesting.

Dating back to 1920, when Calvin Coolidge was running in the election, his statement to the press announced, "I do not choose to run." That statement spurred a debate and left everyone thinking if he really meant the opposite of what he said.

## What are my thoughts about National Opposite Day?:

Though this day is for fun, it can help people to bond with loved ones and helps you become more social when you celebrate with friends. If you are a shy person you can participate in this day. Hanging out with people while playing the game makes you more social. You can also play with people that you are not that close to but care about. Though this my opinion you may have a different aspect of this day.

-Iris Yan





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Time to Transform



When it comes to studying, taking a test, or generally doing something major, you should try not to feel overwhelmed. Instead, soothe and calm yourself and reset your mindset. For example, meditate, exercise, listen to music, or just do something you enjoy doing. Resetting your mindset is a way to get your mind into a calmer and more positive state.

Resetting your mindset is a crucial part of any personal growth plan. It allows you to build your sense of control and boost your confidence and feelings of self-worth. However, many people often overlook this stage. Even while getting your mind in a more peaceful condition, you must remember not to overdo it. You could forget why you're actually "resetting" and end up going back to a stressed mindset again. Other ways to help your mind are by setting small goals and then ending with big ones.

Setting goals is not for you to race to see how fast you can accomplish these targets. It's about doing them right. Like they always say, "Slow and steady wins the race".

Besides, trying to go faster makes things tougher for you, especially if you want to reset your mindset. When a person resets their mindset, they improve their physical health, too. As a result of resetting yourself properly, it ensures that you have time for the things you want to do since you aren't. A way of getting organized so you can reset your mindset is by coming up with a daily routine that prioritizes the more mentally strenuous or difficult tasks. These things could be started at the beginning of the day instead of you procrastinating so you can finish quicker, making it more efficient. By the end of the day, you could spend time with your family, friends, or whatever you like to do.

In conclusion, resetting your mindset is the act of getting your mind in a more confident shape. Putting pressure on yourself will not allow you to fully reset your mindset, but ask for help if you need it. However, doing something you like can help you.

-Zia Chan

*"We do not need magic to transform our world. We carry all of the power we need inside ourselves already." — J.K. Rowling*



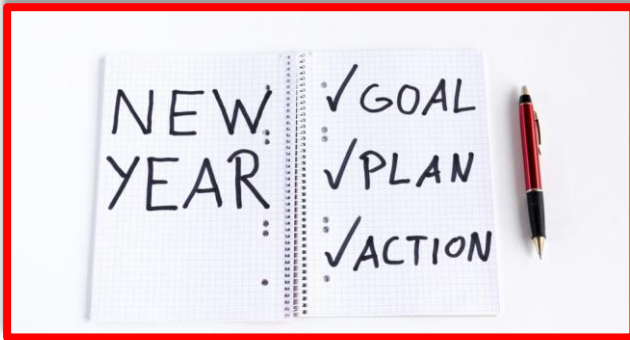
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It is important to have a New Year's resolution. You can set a goal to be accomplished by the end of the year and to aspire to be better and follow through. It is important to learn how to follow through to complete your goals. Think about what you want to do and achieve. How can you better yourself? Don't you want to end the year feeling proud? I have found that the best way to accomplish my goals is to set a goal, then set mini goals to accomplish on my way to completing my main goal. This chunking method helps my confidence and keeps me on the right track. Usually stopping bad habits and starting good habits is a hard goal to attain. With patience and dedication, you can be successful!

Having a New Year's resolution is good for you, as a person. Many people make weight loss goals, but you can make social goals, academic goals, family oriented goals, etc. There is no limit to your choices or what you can accomplish if you put your mind to it!

**-Junlin Zhen**

<b>S</b>	<b>Specific</b> Clearly State your Goal
<b>M</b>	<b>Measurable</b> Ensure you can Measure Success
<b>A</b>	<b>Attainable</b> Set Goals you know you can Achieve
<b>R</b>	<b>Relevant</b> Set Goals Relevant to your Career or Education
<b>T</b>	<b>Time-Based</b> Set a Deadline for Completion

"Today marks the end of the last chapter of the year. With the start of the first chapter of the New Year's book, let's put the old book on the shelf or even in the lower drawer, and let's pick up the new one, carry crayons in our hands, and start writing a new colorful story."

يصادف اليوم نهاية الفصل الأخير من العام. مع بداية الفصل الأول من كتاب العام الجديد ، دعونا نضع الكتاب القديم على الرف أو حتى في الدرج السفلي ، و نلتقط الكتاب الجديد ، ونحمل أقلام التلوين في أيدينا ، ونبدأ في كتابة قصة جديدة ملونة"

—Naqine Sadaka Boulos



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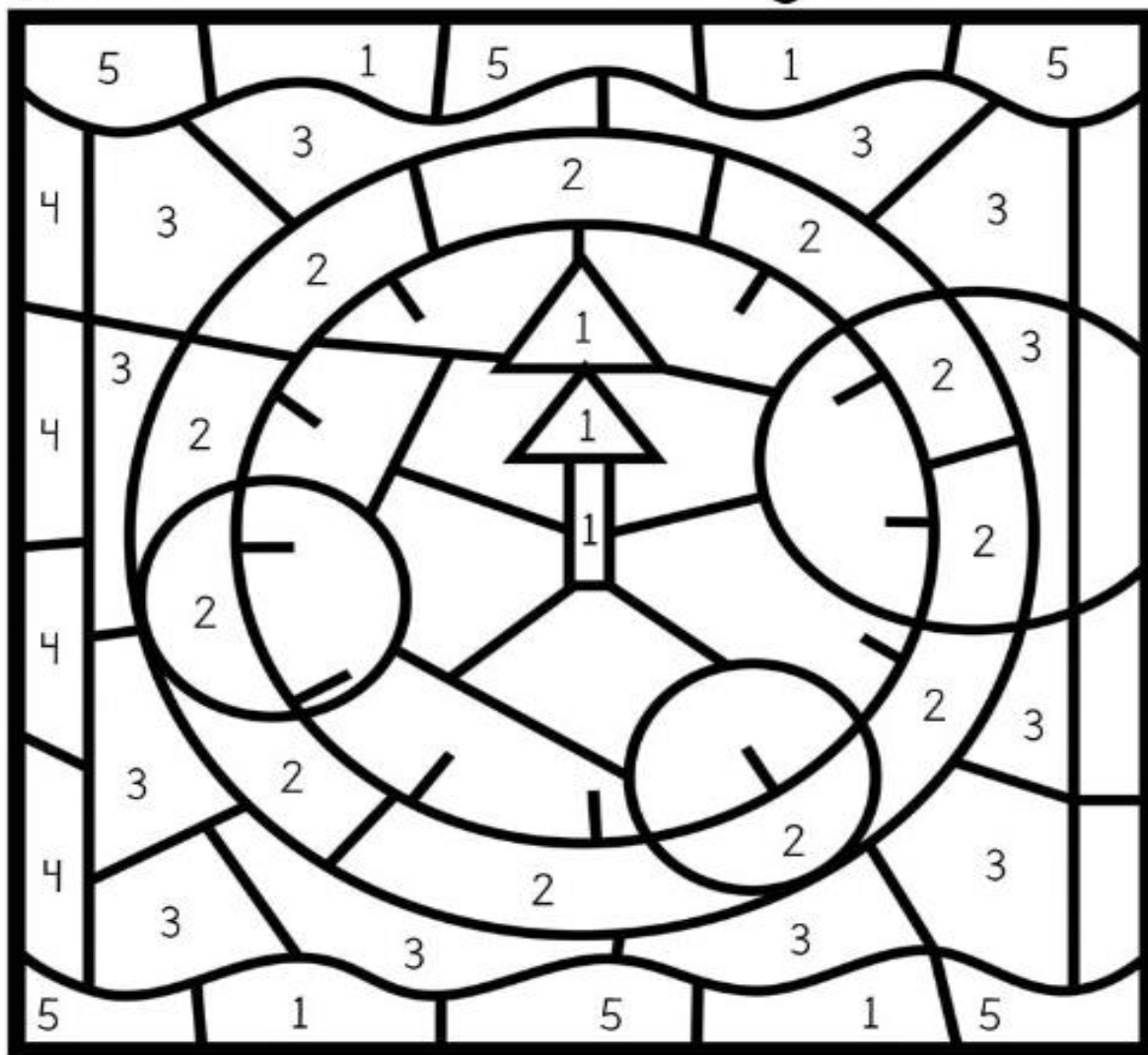


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*new year's Eve*

## Color by number



1 – blue  
2 – purple

3 – yellow  
4 – green

5 – pink

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