



The Knight's Table



Social Emotional Awareness Leadership



Est-2019



Giving back to others is an important part of being a kind and helpful person. When we practice generosity, we show that we care about the people around us. Generosity can mean many things, like sharing your toys, giving a compliment, or helping a friend when they need it. These small acts of kindness can make a big difference in someone's day and help create a friendly and supportive environment.

Another way to give back is through community service. Community service is when you volunteer your time to help others in your neighborhood or city. For example, you could help clean up a park, organize a food drive, or visit a nursing home to talk to elderly people. These actions not only help the people who need it, but they also make your community a better place for everyone.

When you practice acts of kindness, you are also teaching others to do the same. If someone sees you helping another person, they might feel inspired to help too. Kindness is contagious, and when you give back, it encourages others to do the same. By working together, we can make the world a happier and more caring place.

In conclusion, generosity, acts of kindness, and community service are all important ways to help others and make a positive impact. Even small actions can have a big effect on someone's life. By practicing these behaviors, we can create a more caring world where everyone feels supported and appreciated.

-Hana Durgut





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When introduced to a challenging problem, one's first reaction is usually to try and avoid it. This is not right, as the problem will continuously pop up again and again. And each time it does, one will continue to avoid it. This results in a never-ending problem with no solution.

So instead of this, develop a growth mindset. A growth mindset is all about not giving up and continuing to persevere. It's about being able to recognize your mistakes and learn from them. That's why it's important to know that mistakes are a part of this entire process and that you should see them as a chance to grow instead of failures.

Having a growth mindset also helps you feel proud of your effort, not just your achievements. After all, the process of growth, your failures, and the lessons learned on the way is just as important as the end result.

It is also crucial to have resilience when facing challenges. Resilience is the ability to bounce back from setbacks. It's being able to get back up after taking a fall. People who are resilient don't give up, even when things get tough. They try to stay positive and learn from their mistakes. Everyone has hard times, but being resilient helps you stay strong and keep trying no matter what. Take sports for an example.





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When you're a beginner who just started playing, going against more advanced players might seem intimidating or scary. The reason behind this might be that you are afraid of losing, but losing is actually completely okay and is even beneficial! When you lose, you can learn from your mistakes and grow from them. After a few trial and errors, the next time you go against that player, you'll win! Imagine being like a tough band—you can stretch and twist, but not break.

In conclusion, you can overcome any challenge with a growth mindset and resilience. Remember, not everything is about succeeding or winning. Every single part of your journey is essential—first taking on the challenge, failing, getting back on your feet, trial and error, staying positive, and of course, overcoming the challenge. Always stay resilient!

-Grace Zhang

Tips for a Growth Mindset

1. Embrace Mistakes as Learning Opportunities

Instead of saying “I failed,” say, “What can I learn from this?” Every mistake brings feedback that helps you improve.

2. Use “Yet”

If you're struggling, add “yet”: 'I can't do this... yet.' This small word keeps the door open to growth.

3. Set Goals, Not Just Outcomes

Focus on progress, not perfection. Break big goals into small, achievable steps and celebrate the effort.

4. Welcome Feedback

Feedback isn't criticism, rather a tool for improvement. Ask for it and use it to grow.

5. Be Patient With Progress

Improvement is a journey, not a race. Track your growth to stay motivated.



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THANKSGIVING CRYPTOGRAM

Can you find the Thanksgiving words by using the key below?

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

1.

							

2.

					

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7.

											

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