

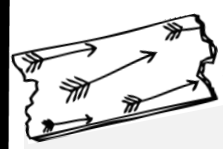
# READ



Orville and Wilbur Wright are credited with inventing the world's first successful motor-operated airplane. They designed and built a flying machine that could be controlled while it was in the air. While their achievement was phenomenal, their path to get there was not always easy. The Wright Brothers experienced many failures before their plane took flight. They tested more than 1,000 gliders before they were ready to try a flying machine powered by an engine. In 1900 and 1901, the gliders that the brothers invented failed to perform. Their inventions did not provide enough lift or enough control. They spent months conducting experiments to improve their invention. On December 14, 1903, their first attempt to fly an airplane was a disaster. The flight was unsuccessful and caused damage to the aircraft. However, just three days later, they made four successful flights. Each flight covered an increasing distance. The final flight of the day lasted nearly a minute and spanned 852 feet. This success inspired them to keep improving. They established the first test flight facilities and spent two years fine-tuning the controls, engine, propellers, and design of the airplane. By the end of 1905, they were staying aloft for over half an hour and flying figure-eights. With perseverance, they had finally invented the first practical airplane.

# DOODLE

Design your own flying machine.  
Create a doodle in the space provided.



# & DO

Think about a time when you tried something and failed.  
Describe the challenges you faced.

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How were you able to persevere?

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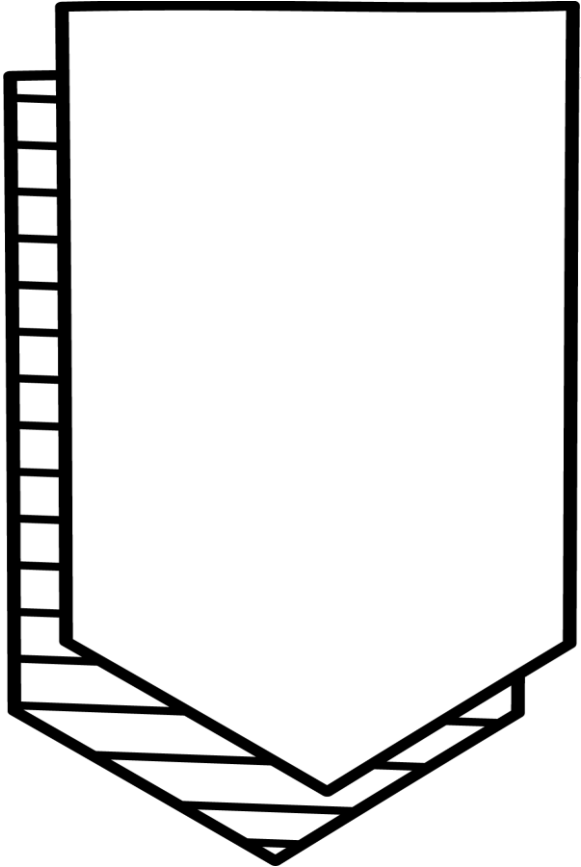
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# READ

## THE FOX AND THE STORK

ADAPTED FROM AESOP'S FABLES

One day a cunning and mischievous fox approached a stork. "How would you like to come to dinner tonight? I've prepared a delicious fish stew that I know you will relish."

"Oh, that sounds wonderful. I'd love to join you," the stork replied.

When the stork arrived at the fox's home, she could smell an intoxicating aroma. She couldn't wait to begin eating with the fox. However, she was dismayed when the fox served the stew on a flat dish. Of course, the fox could easily lap up the dinner. Unfortunately, the stork's long and narrow beak made it impossible to eat. Dejected, humiliated, and still hungry, the stork left the fox's home.

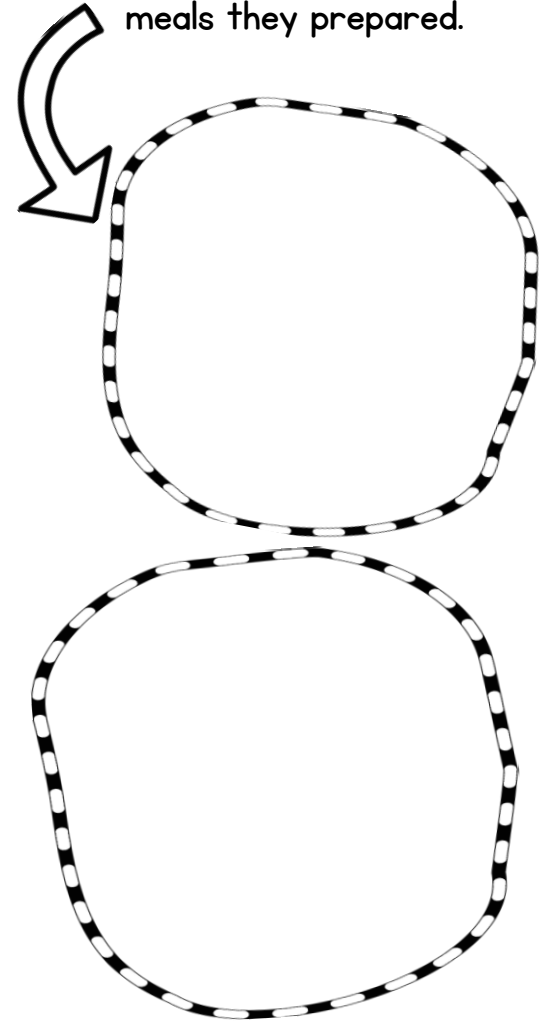
The next day when the stork came across the fox, she said, "I'd love to have you over for dinner tonight. I'm making a fabulous beef dish you will be sure to enjoy."

"I'll be there," the fox replied. While he was slightly perplexed by the invite after the trick he'd played on the stork, he was not going to pass up a free meal.

The fox arrived just as the sun was setting. The stork brought out the beef dish in vases, each with a long, narrow neck. Right away, the stork stuck her long beak into the vase and began eating. "Oh, this is so delicious," she commented between each bite. Meanwhile, the fox was forced to watch. He couldn't access any of the meal. Just like the stork the night before, he was forced to leave embarrassed and hungry. However, the fox was feeling one other emotion. He felt empathy. He now knew how he had made the stork feel, and he promised to never do such a thing again.

# DOODLE

Doodle the two containers that each animal used to serve the meals they prepared.



# & DO



How does the stork teach the fox to have empathy?

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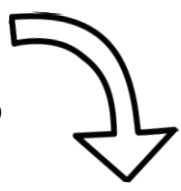
What realization does the fox have in this story?

How can you show empathy to others?

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# READ

## WHAT IS SELF-ESTEEM?



Self-esteem is your overall self-worth or personal value. It is how you see yourself and how you feel about the things that you do. When you have a positive self-esteem, you feel proud of your unique talents and confidence even when you are not especially great at something. Self-esteem gives you the courage to try new things and the ability to believe in yourself. When you value yourself, you're able to make healthy choices and responsible decisions.

## WAYS TO BOOST SELF-ESTEEM

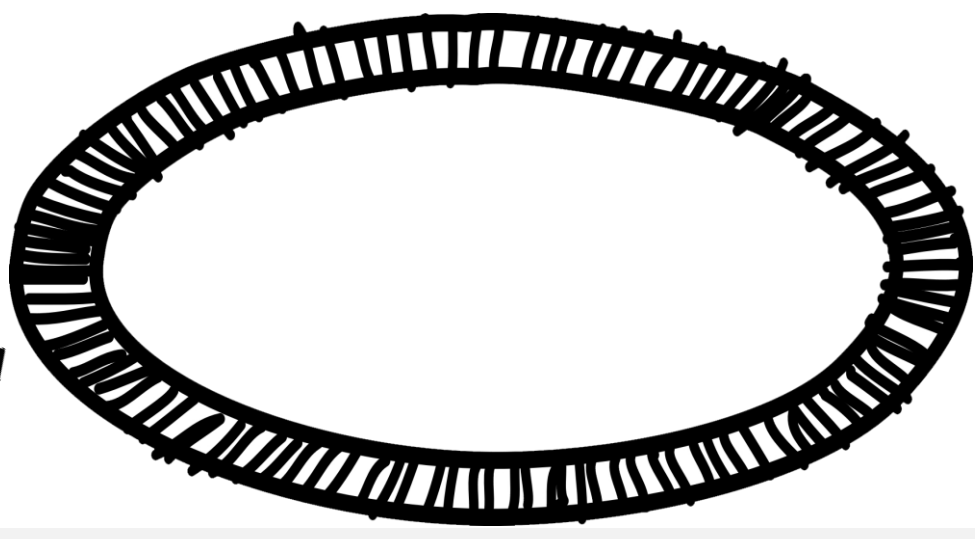
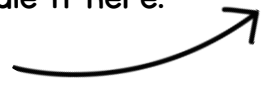
It's normal for a person's self-esteem to waver. Sometimes you feel confident and other times you feel insecure. However, it's important to work and build your self-esteem. Here are a few easy ways to boost your self-esteem:

- Give yourself compliments
- Notice the way others enjoy being around you
- Listen to your self-talk and make sure it is positive
- Make a list of everything that you are good at
- Focus on the great qualities about yourself
- Celebrate what makes you unique and special

# DOODLE



Think about something you are really good at. Doodle it here.



# & DO

What is self-esteem?

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One way to improve self-esteem is to give yourself compliments. Write two compliments that you can give yourself below.

1

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2

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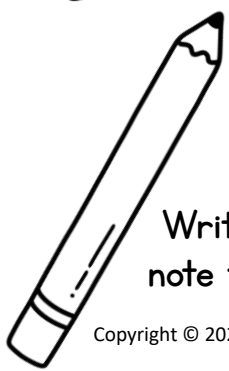
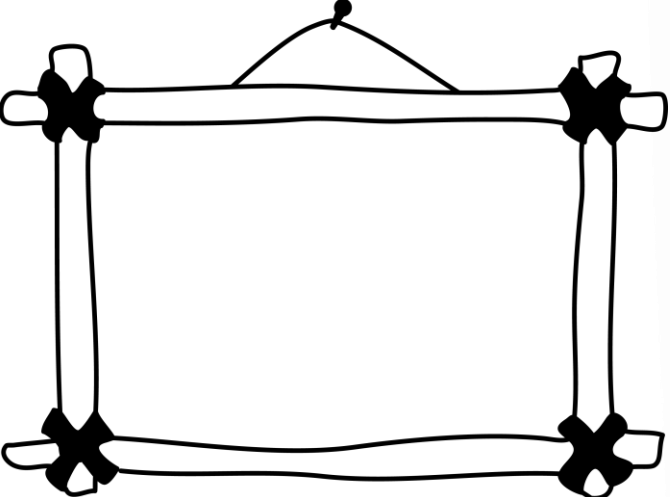
# READ

As 2007 was coming to an end, a man named John Kralik was at a very low point in his life. His business was failing, and his relationships were in turmoil. Then, on the first day of a new year, John went on a hike. As he hiked the Echo Mountain Trail, he had an epiphany. John wondered what would happen if he focused more on what he had than on what he didn't have. While on that trail, he decided that he wanted to be more grateful. He made a commitment to practice gratitude by writing a single thank you note every day for a year. Each day, he wrote a hand-written letter to friends, neighbors, colleagues, and acquaintances. With each letter he wrote, he began to feel more grateful for his life. The more grateful he felt, the more he noticed that wonderful benefits began coming his way. Kralik found that taking time to pause and feel grateful had a profound impact on his life. Expressing gratitude gave him a chance to focus on positive emotions and experiences. His life improved with gratitude, one note at a time.

Kralik eventually wrote about how gratitude changed his life in a book titled A Simple Act of Gratitude.

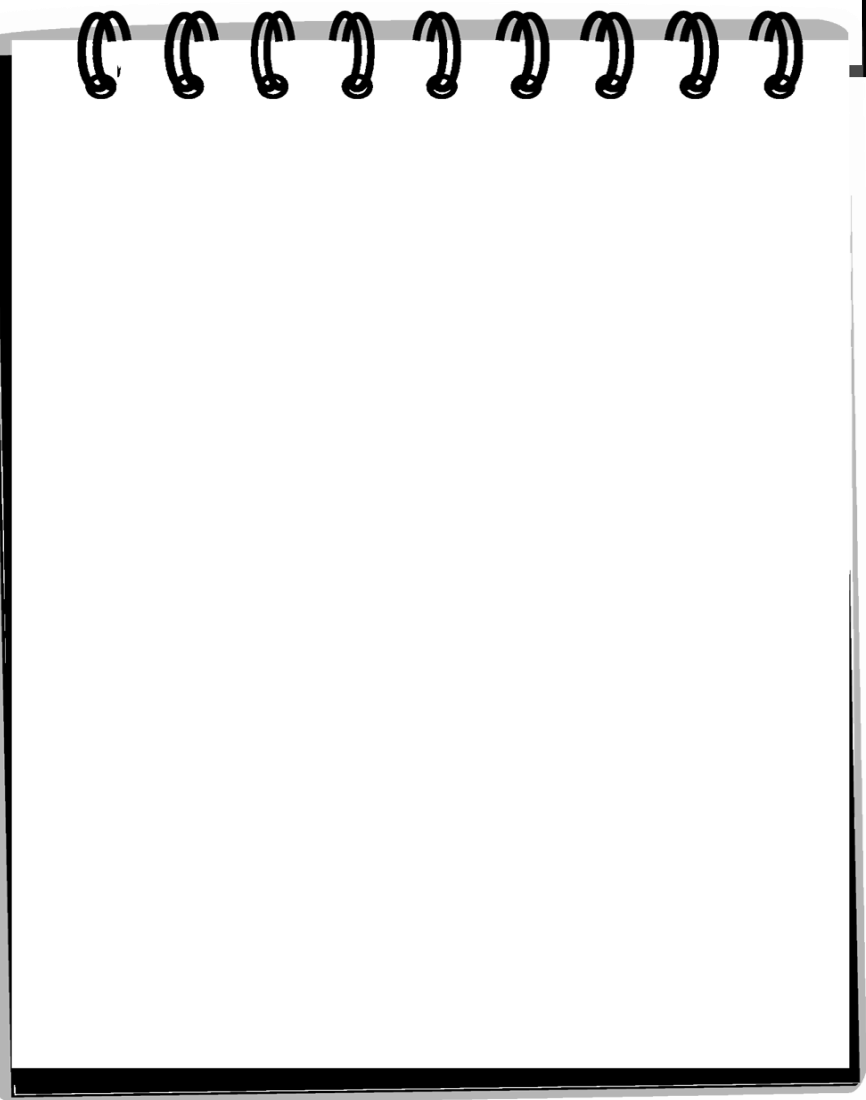
# DOODLE

Think of someone you are grateful for.  
Doodle a sketch of him or her.



**& DO**

Write a thank you note to that person.



# READ



Bobby Jones was a talented golfer in the 1920s. He is considered one of the best amateur golfers. Jones is the only person in history to win the Grand Slam, all four major golf championship matches, in the same calendar year. In his short career, he won 13 majors. While his record is impressive, some believe that he could have easily won another major, but Bobby Jones chose honesty over victory.

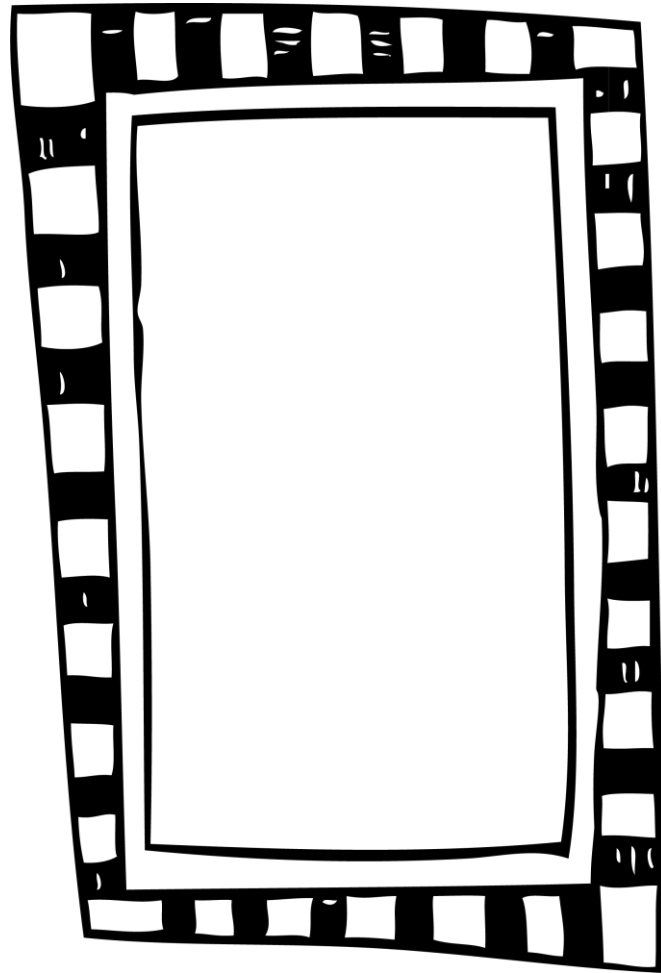
In the summer of 1925, he was tied with Willie McFarlane for the US Open Championship. On the eleventh hole, he hit his ball into the rough, which is an area with longer-cut grass. When Jones was about to hit his ball, he noticed that it moved. According to golf rules, if a golf ball moves even a little bit, even by accident, it counts as a one-shot penalty. When the ball moved, no one saw it except Bobby. There were not television cameras, spectators, or even officials nearby when the ball moved. Bobby could have easily kept the ball's movement to himself. In fact, when Bobby did tell officials, they questioned him. "Are you sure? We didn't see anything." However, Bobby Jones insisted that the ball moved, and he must take the penalty. Of course, his honesty meant that he lost the match.

When the game was over, officials tried to congratulate Bobby Jones. He disagreed. He said, "You may as well praise a man for not robbing a bank." Jones played the game the way he believed it should be played with honesty and integrity. His character is celebrated to this day.

# DOODLE



Design a poster with the slogan, "Honesty is the best policy."



# & DO

Describe Bobby Jones's character.

Why is honesty important?

# READ

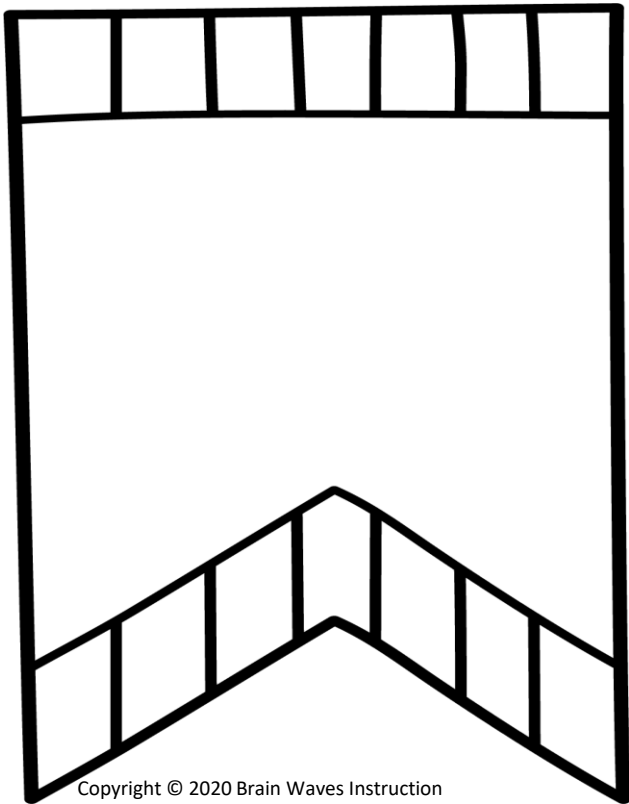


Grit is courage and resolve. It's having strength of character to accomplish a goal even when faced with adversity. When you possess grit, you can persist in something and continue to pursue your goals even when you face obstacles. Everyone encounters challenges when achieving something. That's why it is inspiring to learn about people who have done great things in the face of adversity. You can learn from their examples of grit. For instance...

- In 1926, **Gertrude Ederle** swam across the English Channel two hours faster than any man before her. She set the record at a time when women were not considered as fit and strong as men. When asked about her achievement, she said, "I knew it could be done, it had to be done, and I did it."
- **Harriet Tubman** bore the physical and emotional scars of slavery and yet she still ventured back to free others in captivity over and over again. She pursued a deadly goal to help others.
- **Marie Curie** was a physicist, chemist, and the first woman to receive a Nobel Prize. She was born in 1867, in a man's world. Her determination and achievements in science changed the world.

# DOODLE

Create a "grit award." Doodle a trophy, ribbon, or award that recognizes and celebrates grit.



# & DO

How did the women in the passage demonstrate grit?

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What is a goal you would like to achieve?

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How will grit help you achieve your goal?

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# READ



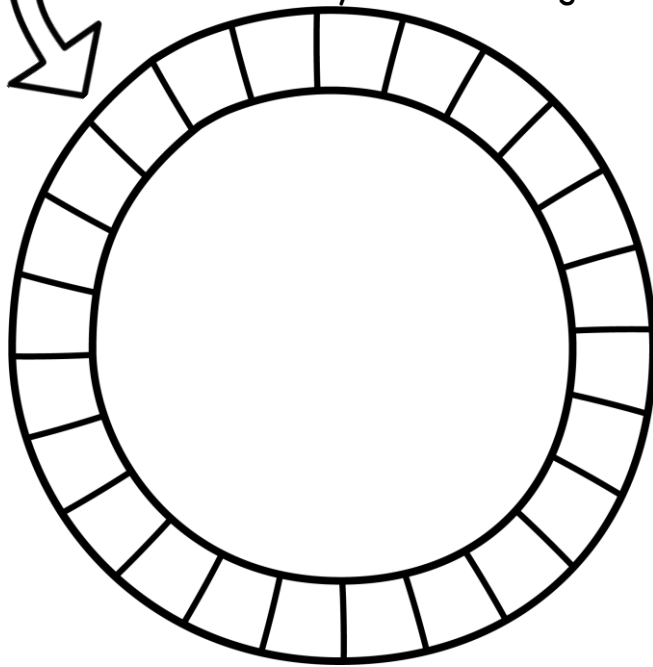
If you want to achieve something, then it's a great idea to set a goal. Goal setting is the process of deciding on something that you would like to accomplish and setting measurable goals within a specific timeframe.

Did you know that most star athletes, top performers, and successful businesspeople set goals? They have learned that when you set goals, you set a purpose for your work. In fact, Michael Jordan, often considered the greatest athlete of all time, has said that his career is based on achieving one short-term goal after another. Bruce Lee, a famous martial artist, movie star, and artist set the goal to be the highest-paid international superstar in the United States. He wrote his goal on a piece of paper and worked every day to achieve his goal.

There are many things that you can do to help you set goals. First, if you're setting a big goal, break it into smaller goals that you can achieve along the way. Once you've settled on your goal, it's a great idea to write down your goal. Studies show that people who write down their goals are 50% more likely to achieve them than those who don't write them down. Also, it's important to share your goal with other people. That way, they can hold you accountable while you work to achieve your goal. Most importantly, celebrate your success. When you achieve a goal, celebrate! Finally, once you've achieved your goal and celebrated your success, be sure to set a new goal!

# DOODLE

Doodle the expression on your face when you achieve a goal.



# & DO

SELECT A CATEGORY

HOME SCHOOL HOBBY

Now, based on your selection, answer these questions:

What is something you would like to improve? \_\_\_\_\_

What is your goal? \_\_\_\_\_

How can you achieve your goal? \_\_\_\_\_

\_\_\_\_\_

# READ



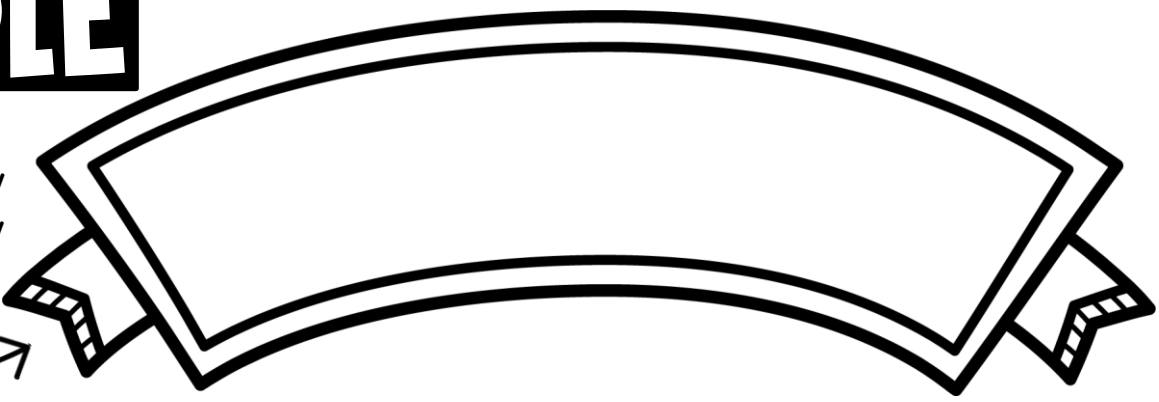
Our world has become very busy. That's why many people are looking for ways to slow down and connect with their thoughts. This simple act of slowing down and noticing what is happening is called mindfulness. Mindfulness is all about taking time to live in the present moment. Instead of worrying about the future or the past, mindfulness is about focusing on the present time.

Mindfulness can help you in several ways. First of all, mindfulness can help you be more aware of yourself. Also, it can help you make good decisions. Mindfulness can help you slow down and decide how you would like to react to something before you make a mistake. Finally, mindfulness can help you pay attention for longer periods of time. That's because mindfulness helps you practice focusing and staying connected to the moment.

If you'd like to practice mindfulness, it's easy. Start by focusing on your own body. Then, breathe in through your nose and out through your mouth. Notice each breath you take. Pay attention to the sights and sounds around you in the present moment. When you notice that your mind has wandered away from the present moment, gently bring your attention back to your breathing. It's just that simple!

# DOODLE

Write the word "mindfulness" in a doodley manner in the banner. Try to use your print style to express its meaning.



# & DO

Review this quote by Jon Kabat-Zinn:  
"YOU CAN'T STOP THE WAVES, BUT YOU CAN LEARN TO SURF."

What does this quote mean to you?

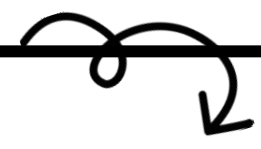
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How can you apply Kabat-Zinn's advice to your own life?

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# READ



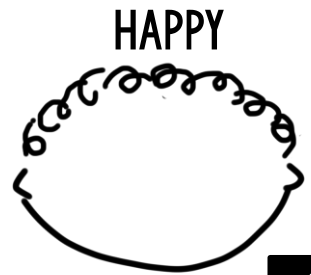
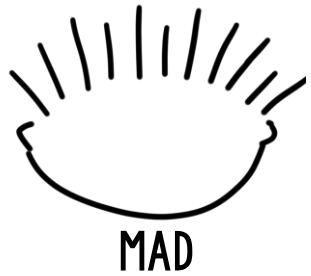
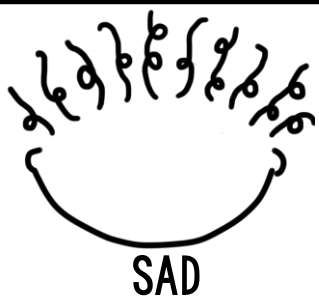
People have emotions in response to their experiences. Some emotions feel positive, like feeling happy. Other emotions feel more negative, like feeling sad. Humans show their emotions with facial expressions like laughing or crying. We feel our emotions as babies. As we grow up, we develop skills to help us understand our emotions. We begin to develop emotional awareness, or the ability to identify what we feel, and put it into words. When we are aware of our emotions, we can express what we need and want. Emotional awareness also helps us build better relationships. We can talk about our feelings and even identify feelings in others to better support them.

### Fast facts:

- People can make over 10,000 different facial expressions to express different emotions.
- Emotions last longer than memory. Many people can recall how they felt in a situation more than the details of the situation.
- The most difficult emotions to fake are anger and sadness.
- Different colors can trigger different feelings. For instance, blue is believed to create calming feelings and orange creates feelings of happiness.

# DOODLE

Doodle a facial expression for each emotion.



CHOOSE AN EMOTION: HAPPY SCARED ANGRY NERVOUS

Write about a time when you felt that way.

# & DO

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What did you say? What did you do?

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# READ

## THE TWO CRABS

ADAPTED FROM AESOP'S FABLES

One bright morning, a mother crab and her son went for a walk along the beach. Just as her son crossed in front of her, the mother crab said, "Son, what is wrong with you? Why are you walking like that?"

"What do you mean?" her son responded.

"You are sidling along in an awkward manner. You seem to be scuttling above the sand in a sideways motion."

Her son looked at her, confused, for this is the way he had learned how to move by watching his mother.

"Son, you need to walk straight forward. Keep your toes turned out."

"Perhaps you can show me how to walk," her son replied. Obedient and curious, he added, "I want to learn."

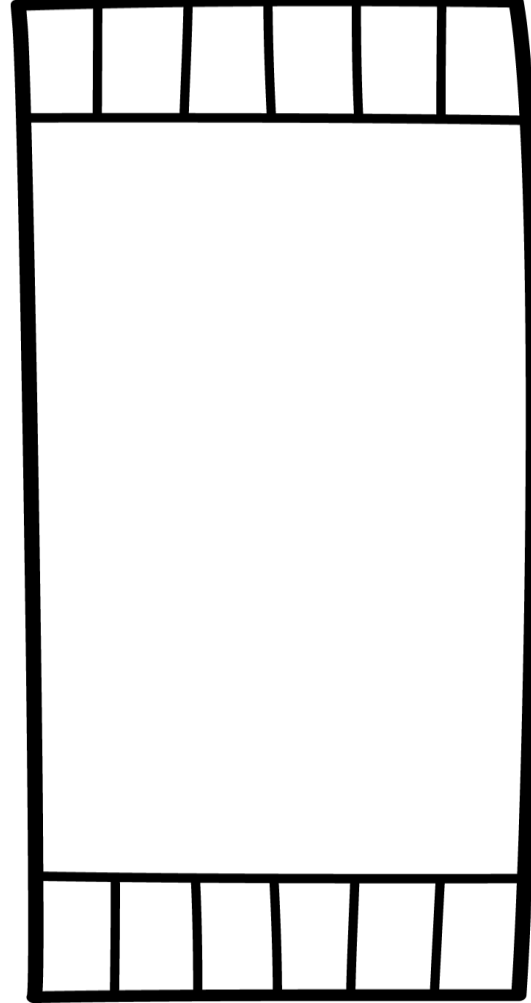
"Well, if you insist," the mother crab huffed. Then, she stepped forward, but for the life of her, she could not move in a straight line. Just as her son moved, she walked sideways. She tried to turn her toes out, but she tripped. She tried to move forward in a straight line, but her claws got tangled. Finally, she turned to her son. "Oh my, I guess walking in a straight line is not an easy task."

"You see?" her son asked. "It seems that I move exactly like you. You lead, and I follow."

The mother crab took her son's words to heart. Just then she realized that she should not have told her son to move in a way that she couldn't move herself. She realized that example is much more powerful than persuasion.

# DOODLE

Imagine that you are creating illustrations to accompany the story. Create a doodle for a moment in the fable.



# & DO

Why is the mother crab upset with her son?

What does her son point out to her?

What does this fable teach about leadership?