

Please share quote and discuss in Morning Meetings on the assigned date.

12/2	If it isn't true, kind, AND necessary.. Don't say it (All 3 criteria should be met) - Mark (Mr. M)
12/3	"Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble." -Yehuda
12/4	"Be careful with your words. Once they are said, they can be only forgiven, not forgotten." -Unknown
12/5	"If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words, we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive." -Betty Eadie
12/6	"The tongue has no bones, but is strong enough to break a heart. So be careful with your words." -Unknown
12/9	"Watch your thoughts, they become your words Watch your words, they become your actions Watch your actions, they become your habits Watch your habits, they become your character Watch your character, it becomes your destiny."

	—Anonymous
12/10	<p>"A word is dead When it is said, Some say. I say it just Begins to live That day."</p> <p>— Emily Dickinson ("A Word is Dead")</p>
12/11	<p>"One kind word can change someone's entire day." -Unknown</p> <p>*Have you ever had a comment make your day better or worse? Imagine how taking the time to say a kind word or two can impact someone, and in turn, spread to others throughout the day.</p> <p>Mr. Freeman</p>
12/12	<p>Words kill, words give life; they're either poison or fruit--- YOU choose.</p> <p><u>Solomon</u></p> <p>When we consider word choice, we often focus on the impact of the receiving person. I would purpose that we consider the impact of words on the user. I know that when I make the effort to use positive words and see the bright side, it has a positive impact on my attitude and the way I see the world. Another quote says you will see what you look for. Maybe it all starts with choosing our perspective.</p> <p>Mr. Freeman</p>
12/13	"Don't mix bad words with your bad mood. You'll have many opportunities to change a mood, but

	<p>you'll never get the opportunity to replace the words you spoke." -Unknown</p> <p>Brain breaks tip for parents/guardians: STOP is an exercise that can help when our mood is bad. S - stop T - take 3 mindful breaths O - observe feelings in your body P - proceed when you feel ready. Notes: Practice this first when emotions are not strong so you and your family can implement it when they are. The main focus is to hone observation skills and make more mindful choices (with our words especially). When doing step O, just notice and do not judge the feeling as good or bad.</p>
12/16	<p>Throughout human history, our greatest leaders and thinkers have used the power of words to transform our emotions, to enlist us in their causes, and to shape the course of destiny. Words can not only create emotions, they create actions. And from our actions flow the results of our lives.</p> <p><u>Tony Robbins</u></p> <p>Brain breaks tip for parents/guardians: Movement can calm our bodies and minds. The mountain pose is as easy as standing with feet together pointed forward. Let your arms rest at your sides and stand up nice and tall like a mountain. Lift your chest up and bring your belly in. Take deep breaths in and out; feel the floor beneath the feet.</p>
12/17	<p>"Sometimes it's the words we choose not to say that speak most loudly about our character."</p> <p>Lysa TerKeurst</p> <p>Brain breaks tip for parents/guardians: We can replace words we don't want to say with big breaths. Try balloon breathing where you rest your hands on your tummy and imagine a big balloon. Breathe in to fill the balloon with air, breathe out to empty the balloon of air. Repeat 3</p>

	<p>times. Notice how you feel in your body. In mindfulness, there's no right or wrong answer, just notice what you are feeling right now.</p>
12/18	<p>"Kind words can be short and easy to speak, but their echoes are truly endless." -Mother Teresa</p> <p>Brain breaks tip for parents/guardians: Here are instructions on how to lead you and your family through the attitude of gratitude exercise. 1. Sit comfortably and close your eyes if you'd like. 2. Think of something or someone in your life for which you are thankful or grateful. It can be anything or anyone. 3. Take a few moments to just appreciate this thing or person 4. Repeat steps 2 and 3 with a different thing or person. 5. Notice how you feel.</p>
12/19	<p>"Just because we feel offended doesn't mean we must be offended. Feelings are indicators not dictators."</p> <p>Lysa TerKeurst</p> <p>Brain breaks tip for parents/guardians: Bilateral movement can help our bodies regulate. Mindful walking is where you <i>breathe in</i> as you lift your foot to take a step and then <i>breathe out</i> as you lower your foot to push off the ground. Note: Notice when your foot touches the ground and notice when your foot leaves the ground. Can you notice each step? It can help to have calming music and keep focus on the ground in front of you as you and your child do this exercise. Focus attention on the feeling in the feet and breathing. Imagine walking in sand, snow, etc.</p>
12/20	<p>"Words are seeds that do more than blow around. They land in our hearts and not the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day."</p> <p>-Unknown</p>

Brain breaks tip for parents/guardians: Buzzing Bee Breath can be a fun breathing technique to add to your tools. Sit down or get comfortable and take a slow breath in. Buzzzz as you breathe out. Note: Try to extend your exhale. What do you notice?