

January 2018 | MEERKAT

# COMMITMENT

**Making a plan and putting it  
into practice**



**Core**

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# january 2018

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Copper was used to make coins 8000 years ago and it's widely used today in construction and technology. It is easy to work with, resists corrosion, and is a useful conductor of heat and electricity.

**COMMITMENT:** *Making a plan and putting it into practice.*

# january 2018

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NEWSLETTER

## SAY IT:

**Commitment** is making a plan and putting it into practice.

## KNOW IT:

*Ask a kid:*

- Think about a short term goal you have for yourself right now. Brainstorm ways to reach this goal (who can help me with this, what steps do I need to take to work toward this goal, when during my day can I work on this, etc.).
- Do you care for your family pet, keep your room clean, or participate in an extracurricular activity? These are all examples of commitments that you probably already make to yourself and your family.

*Ask a grown up:*

- Have you ever made too many commitments at once? How did you accomplish all of these goals? Was it difficult to prioritize your plans?
- How does it feel to follow a plan all the way through?

## SEE IT:

Search, <http://www.olympics30.com/30greatest/bonnie-blair-speed-skating.asp>. This is an incredible story of a woman whose goal to become an Olympian was reached through planning, hard work and commitment. Bonnie Blair is one of the top skaters of this century and has competed in 4 Olympic games earning numerous medals. She committed to the goal of becoming a professional skater at a very young age and made sacrifices and worked hard to obtain her goal. Now she is a motivational speaker and works with numerous charities to give back to her community and the world.

## BE IT:

At the beginning of each week this month, sit down with your family and discuss the commitments each family member has for the week. This might look like a list of chores, practices, volunteer opportunities, job responsibilities, date nights, etc. At the end of each week sit down again and evaluate the week. Did everyone follow through with their commitments? Discuss ways to re-commit to a goal if a plan was not followed the previous week.

# january 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



JANUARY 2018

# Announcements

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## Day 1:

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Our value this month is commitment. Commitment is making a plan and putting it into practice. Think about ways that you have shown that you are following a plan.

## Day 2:

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Many times failure is not the result of a lack of desire, but a lack of commitment. Our **Big Idea** this month is commitment: making a plan and putting it into practice. What are you committed to? Whatever you desire to do this month, choose to be committed.

## Day 3:

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Our animal this month is the meerkat. Meerkats are also known as Suricats. They live in the Kalahari Desert of South Africa. They are commonly known for their unusual posture as they stand on their hind legs watching for danger. They are only 12 inches tall as adults but live in large groups of 20 to 50 called mobs in order to protect each other. They have black rings around their eyes which help reduce the glare from the sun as they stand watch to keep their babies, or pups, safe. They show commitment by taking turns standing watch for their family or mob.

## Day 4:

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Michael Jordan didn't become a national basketball sensation overnight. He set goals, developed a plan and worked hard. He ignored setbacks and rejection and kept on working. Our **Big Idea** this month is commitment, making a plan a putting it into practice.

## Day 5:

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One of our **Big 3** is treat others right. How can commitment be related to treating others right? How can making a plan be a way to show others they are important? Martin Luther King, Jr had a plan to speak out for civil rights. Because he and others showed commitment to this important cause, many people gained better treatment as a result. How can you make a plan to inspire others to treat people with respect and honor?

### Day 6:

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Meerkats are omnivores. They especially love to eat insects. They can even eat poisonous scorpions and snakes. They are very important to the ecology of the desert by helping to control insects. They also eat fruit, small birds and lizards. They feed their babies milk until they are old enough to hunt. Meerkats must hunt every day, since their bodies do not store fat. That takes a lot of commitment!

### Day 7:

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American writer Denis Waitley says, "Losers make promises they often break. Winners make commitments they always keep." Wouldn't you rather be a winner than a loser? We all would. One way of being a winner and earning the respect of all those around you is by honoring the commitments you've made. If you say you'll do something, do it. You'll earn the admiration of all those around you and they will trust you.

### Day 8:

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**What does this mean to you:** Commitment is the foundation of great accomplishments?

If this is true, have you built a foundation for great accomplishments? What do you need to commit to this month? Our **Big Idea** this month is commitment, making a plan a putting it into practice.

### Day 9:

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Meerkats live in tunnels they have dug under the ground. They have special, clear eyelids that protect their eyes from dirt while allowing them to see. They also have ears that can close completely so that no dirt gets in while they dig. Each set of meerkat parents will have two to four pups each year. In a mob of meerkats, there is one female and one male who are the "bosses" of the group. That pair of "alpha" meerkats makes a commitment to protect their mob from predators.

### Day 10:

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Did you ever wait until the last minute to work on a project or book report? We all have experienced the panic that comes from a deadline that you are likely to miss. The best way to avoid that panic is to plan out some dates to help you meet your deadline. If the deadline is far away, figure out what steps are needed to complete the project and divide the steps up using a calendar. You won't feel rushed and you'll do better work!

### Day 11:

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Entrepreneur Bill Rancic said, "Keep your word. Honor your commitments and they will double back to honor you." Have you ever experienced that? Did you do something because you had promised to and then felt like you were the one who got the benefit? Keeping your word builds trust among your friends and those you are around. If people trust you, they will be more willing to work with you and good things can happen.

### Day 12:

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Meerkats behave very much like prairie dogs and chipmunks that live in the United States. Meerkats, like Prairie dogs, post a guard above the entrance to their homes. When danger is near the guard lets out a very high-pitched bark and every meerkat heads for the nearest tunnel. The guard is the first one to check to see if the danger has passed and he then barks an "all clear" signal. It is important that the guard keeps his commitment to stay alert for danger.

### Day 13:

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One of our **Big 3** is make smart decisions. Being committed to a task, project, or goal is certainly a smart decision. How can you make a smart decision this month and make a plan for something you want to achieve?

### Day 14:

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Do you know anyone in the military? If you do, you know someone who has made a very important commitment to defend our country and keep us safe. Those who sign up with the military commit years of their lives to the job. They go wherever the job takes them, often far away from family and friends. Aren't you glad that there are thousands of people who are willing to commit to keeping us safe? Maybe one day you'll want to commit to a branch of the military service.

### Day 15:

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Meerkats dig intricate systems of tunnels for safety. Their underground homes can have more than a dozen entrance and exit holes, including "bolt holes" wide enough for a crowd of meerkats fleeing danger above ground. Tunnels lead to chambers, including designated areas for the toilet and for sleeping. Chambers as far as two meters below the surface (6.5 feet) remain at a constant and comfortable temperature. A territory can have multiple borrows. Imagine the commitment it takes to dig those tunnels!



### Day 16:

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While a mother is foraging, other meerkats in the group babysit her young. Also during foraging, an adult will take a shift as guard – surveying the territory from a high spot and signaling with different alert sounds. A howl means a bird of prey is near, while a double-bark might warn of a jackal. A low, regular peeping means all is well. Meerkats show commitment to each other by doing chores that keep their mob safe and healthy.

### Day 17:

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One of the most important commitments that any person can make is that of being a friend. Think about what makes a person a good friend.... maybe it's keeping confidences or being supportive when times are bad. A friend is one who commits to being there no matter the circumstances. Think about who your best friend is right now. How have they made a commitment to you? How can you show your commitment to them?

### Day 18:

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One of our **Big 3** is maximize your potential, or in other words, do your best. How is making a plan and putting it into practice important to doing your best? Can you think of a time that making a plan helped you accomplish something new?

### Day 19:

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Have you ever been part of a team or in a theatrical production? If so, you know what it's like to have others depend on you. If you don't show up for practice or rehearsal, the rest of the group can't do their jobs well, either. Professional athletes or actors get paid to be part of a team, but everyone else just wants to have fun and get better. If you have committed to being part of a team or a cast, you need to honor your commitment for the good of the group.

### Day 20:

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As we move into the next month, remember that commitment is a long-term **Big Idea**. This means that sometimes it takes longer than a day, a week, or even a month to accomplish something, even with a plan. Don't give up – keep going and stay committed to your tasks and ideas even when things get tough.

## January: COMMITMENT

<https://www.youtube.com/watch?v=pWp6kkz-pnQ&app=desktop>

**Title:** Sesame Street: Bruno Mars: Don't Give Up

**Length:** 1:57

**Grade Level:** K-2

[https://www.youtube.com/watch?v=\\_vbJc4PC9qc&app=desktop](https://www.youtube.com/watch?v=_vbJc4PC9qc&app=desktop)

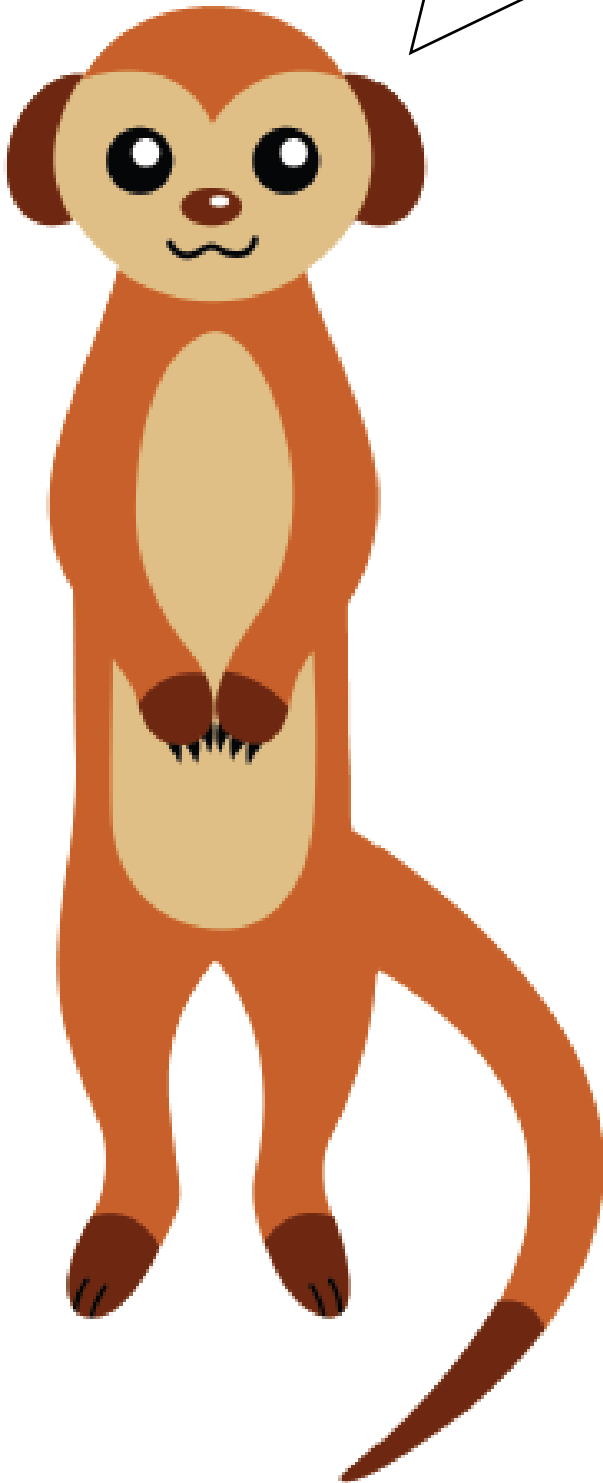
**Title:** Sesame Street: Rutina Wesley and Elmo Make a Plan

**Length:** 1:32

**Grade Level:** K-2



*Cut each square on the dotted line and put them in a pile, then close your eyes and pick one. That will be your commitment for that day!*



**DON'T  
FORGET  
TO  
SMILE!!**

**I AM  
BEAUTIFUL  
TODAY!**

**I CAN  
DO IT!**

**YOU'RE  
BRAVER  
THAN YOU  
THINK.**

**YOU'VE  
TOTALLY  
GOT  
THIS!**

**I AM  
A  
DOER!**

**EVERYONE'S  
JOURNEY  
IS  
DIFFERENT.**

**TODAY  
WILL  
BE MY  
DAY!**

**I AM  
THE  
BEST ME  
THERE IS!**

**I AM  
A  
WINNER!**

**BE A  
NICE  
HUMAN.**

**I WILL  
WORK  
HARDER.**

**I WILL  
SAY YES  
TO  
SUCCESS!**

**I  
CHOOSE  
TO BE  
HAPPY!**

**NEVER  
GIVE  
UP!**

**YES,  
I CAN!**

**IF YOU CAN  
DREAM IT,  
YOU CAN  
DO IT.**

**I AM  
STRONG!**

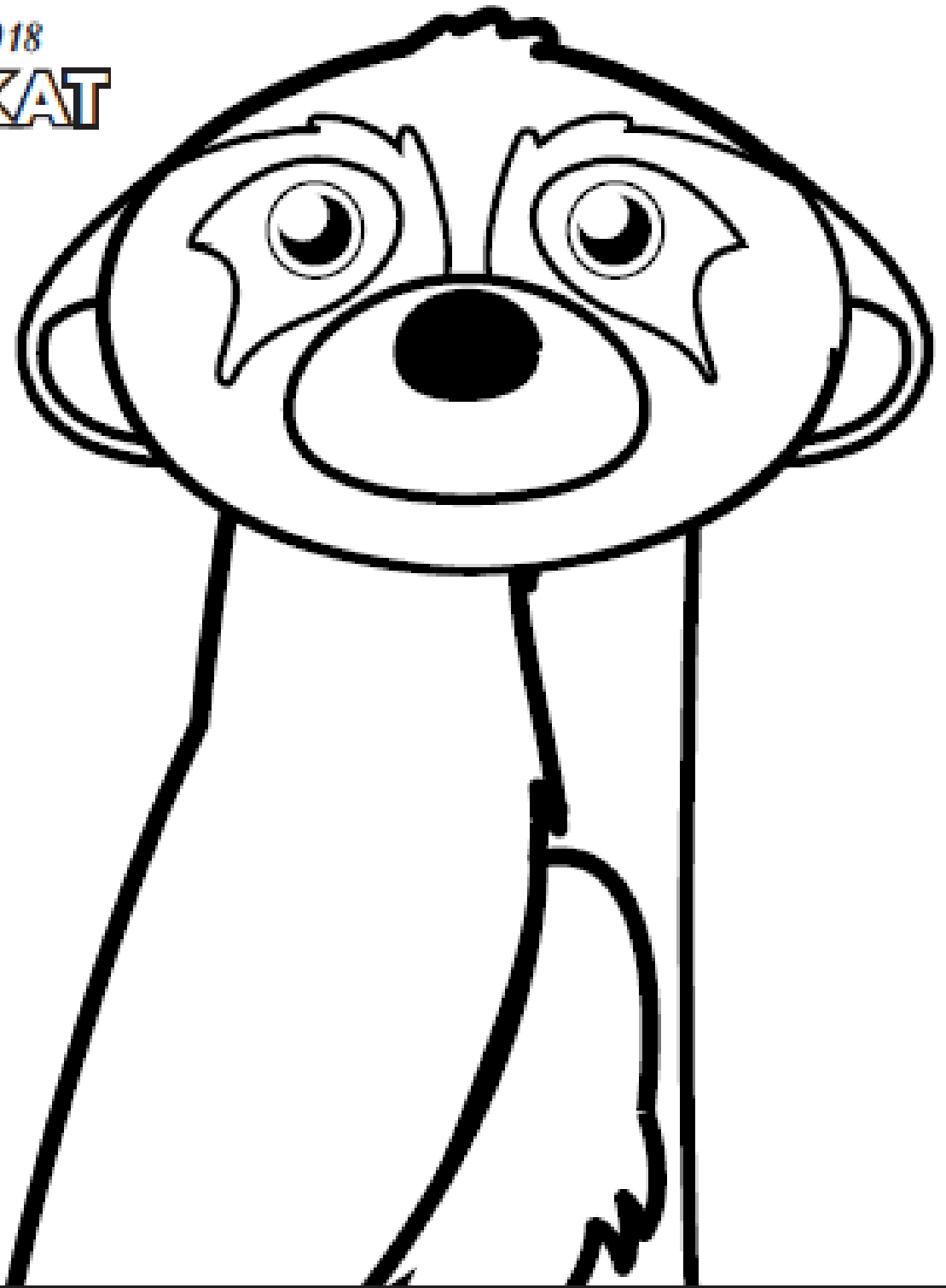
**I AM  
CONFIDENT!**

**LIFE  
IS  
GOOD!**

**I AM  
OF GREAT  
WORTH!**

**I AM  
INVINCIBLE!**

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**MEERKAT**



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