

September 2017 | DOLPHIN

FRIENDSHIP

Using your words and actions
to show others you care



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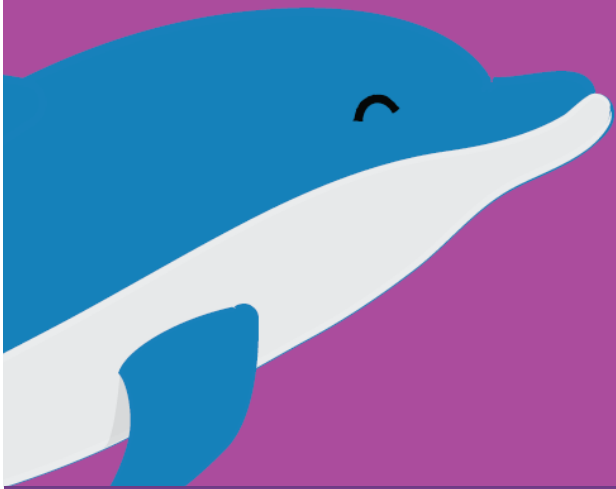
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september 2017

FRIENDSHIP // DOLPHIN // PURPLE

We think of purple as the union of blue (a calm color representing wisdom) and red (an energizing color representing love). Technically, "violet" is a color unto itself, the shortest visible wavelength on the color spectrum. A favorite color among creative types, purple is considered special. Uncommon in nature, purple was once worn only by rulers and people of the highest rank.

FRIENDSHIP: *Using your words and actions to show others you care.*



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NEWSLETTER

SAY IT:

Friendship is using your words and actions to show others you care.

KNOW IT:

Ask a kid:

- What are some things that your best friend does to make you feel special?
- Who are some grownups you know that are good friends?

Ask a grown up:

- Has there ever been a time where a friend let you down? Explain.
- Share a story of a time you were a good friend to someone who was in a difficult situation.

SEE IT:

Discuss the movie **Toy Story** as a family (the theme song "You've Got a Friend in Me" says it all). Specifically talk about how Woody and Buzz look past their differences and make an effort to say or do something nice to show that they care.

BE IT:

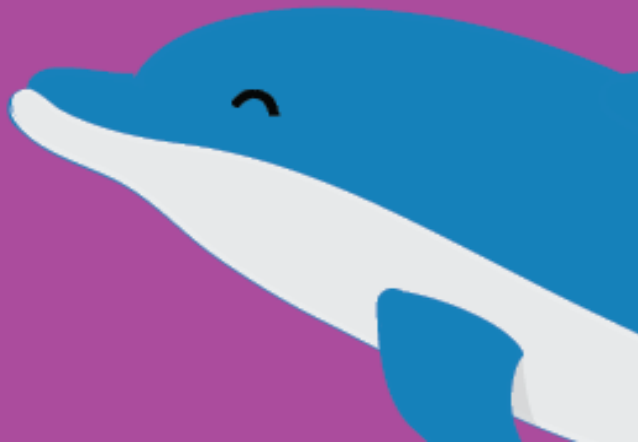
A couple nights each school week, ask your child(ren) how he/she was a good friend to someone at school that day. Examples might be:

- Making an effort to welcome a new student and show them around the school
- Defending a classmate when they are being treated unfairly
- Letting an adult know when a student needs help and is in trouble
- Sharing a snack with someone who didn't bring anything

SEPTEMBER 2017

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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



SEPTEMBER 2017

Announcements

FRIENDSHIP // DOLPHIN // PURPLE

Day 1:

Our value this month is friendship. Friendship is using your words and actions to show others you care. Think of all the chances you might have this month to be a great friend to someone, even if you just met.

Day 2:

Our color this month is purple. Just like two friends coming together, our color this month is a blend of red and blue. Different amounts of each will result in different shades of purple, just like all friendships are different.

Day 3:

Dolphins are very social marine mammals categorized as "toothed whales." Bottlenose dolphins are found all over the world, except in Polar Regions. They live in large groups called pods, which might be just a dozen members or up to a hundred or more. They use echolocation to hunt and to communicate. A rapid "train" of clicks is sent out into the surroundings, and when the sound bounces off of an object or fish and returns as an echo, the dolphin can tell the size, shape, and traveling speed of that object, up to 100 yards away! Dolphins work together and use their actions to show the pod they care.

Day 4:

One of our **Big 3** is Treat Others Right. Friendship is all about treating others right! To be a good friend, your words and actions should show you care. If you choose to use words and actions that hurt or tease, your friendship won't last very long. Friends treat each other right.

Day 5:

There are always opportunities to show kindness and friendship. It may be saying "thank you" to the cafeteria workers who prepared your lunch or to the bus driver that gets you home safely. It could also mean donating clothes or toys to a charity so that others who need them can have them. Think of five things you can do in the next week to show kindness to others. Write them down and see how many you can accomplish.

Day 6:

Dolphins are among the most intelligent animals on Earth. They have a very complex social life and they have their own language which sounds like whistles and clicks to humans. They have been studied by scientists for many years because of their ability to solve complicated problems involving tools and other objects. In South America, a group of dolphins has learned to help local fishermen. They help "round up" fish and use signals with their fins to let the fishermen know when to throw their nets. What a friendly thing to do!

Day 11:

Henry Ford once said, "My best friend is one who brings out the best in me." Do you have a best friend? Have you had the same best friend for a long time? Does this friend consider you to be their best friend? How can you help bring out the best in your friend? Are there things they do that bring out the best in you? Talk about that with your friend today.

Day 7:

Martin Luther King, Jr. once said, "Love is the only force capable of transforming an enemy into a friend." Have you ever become friends with someone that you didn't like before? Sometimes, people who are mean to each other don't really know each other. When we learn about others, we are learning a new perspective or a new way to look at that person. If we have love in our hearts, it helps us to be open to the possibilities of a new friend. Think about how that might help you in your life.

Day 12:

Helen Keller was a famous writer and speaker who was both blind and deaf. She once said, "Walking with a friend in the dark is better than walking alone in the light." What do you think she meant by that? Do you think she had a better sense of someone's friendship since she couldn't see or hear them? It would take a great deal of trust to be friends with someone you couldn't see or hear. Imagine what that might have been like.

Day 8:

One of our **Big 3** is Make Smart Decisions. Friends can be a big influence in the way you make decisions. Choosing good friends, treating them with kindness, and making sure you have lots of things in common will help make sure that your friends will make smart decisions with you.

Day 13:

Lots of businesses practice acts of kindness. Some give away food or books, some allow customers to have free dry-cleaning of an outfit before they go for a job interview. Find out which businesses in your town do nice things like this for people and tell them thank you, or become a customer. One act of kindness you could practice at home is giving a cold sports drink or bottle of water to your mail carrier or garbage collector. You'll make a new friend. They have a very hot job this time of year!

Day 9:

Dolphins live in temperate waters all over the world. They are known for their playful nature and their friendliness to humans. They use echolocation to hunt and to detect objects under the water that cannot be seen. Their favorite foods are fish and squid. They work together in groups to circle schools of fish and then swim through, feeding as they go. That's what friends do for each other.

Day 14:

There are many stories on the internet about dolphins helping save humans, particularly when humans were being threatened by sharks. There is also a report from 1983 that a group of 70-80 Pilot Whales was beached in New Zealand. The people there tried to keep them wet and push them back into the water, but they were too heavy. Even when the tide came in, the whales were confused and couldn't figure out how to go back into the ocean. A pod of dolphins nearby came to the rescue. They "herded" the whales and showed them how to get back out to sea. What friends those dolphins were!

Day 10:

One way that you could show kindness is to make a get well card for someone in a local hospital. Decorate a regular piece of copy paper with well wishes and artwork. Your teacher can make sure that the cards get to a local hospital. You can be sure that the sick people there will appreciate your kindness.

Day 15:

One of our **Big 3** is Maximize Your Potential, or do your best. Friends can bring out the best in you. Have you ever been on a team with someone who made you better at that sport? Have you ever worked with someone in a group at school that helped you learn something new? Doing your best isn't only important in school, it's also important in making and keeping friends.

Day 16:

At _____ (name of school) we are friendly. We build our friendships every day by listening to each other, sharing, taking turns, sticking up for each other, and caring for one another. Our value word is friendship. Are you good friend?

Day 17:

One of the most beautiful qualities of a friendship is to be understood. What does it mean to understand another person? Who really understands you? How did you get to be such good friends that you can feel understood by that person? Make sure you thank that person for being such a good friend and understanding who you are.

Day 18:

Dolphins also communicate with whistles, squeaks, pops, and vocalizations called "burst pulse sounds," which they make when stressed. During their first four to six months, dolphin calves develop a special signature whistle that's all their own. They can mimic the signature whistles of other dolphins, as well as the physical actions of dolphins and other animals, including humans. In the wild and in captivity, they work together to solve problems.

Day 19:

Dolphins have been observed coming to the aid of an injured pod member, helping carry it to the surface to breathe. On rare occasions, dolphins have even helped humans in trouble – guarding them from circling sharks! Dolphins are a great example of using your words (or clicks!) and actions to show someone you care.

Day 20:

This month we've learned about the color purple, the amazing dolphin and the value of friendship. What friendly things have you found to do for others this month? Maybe you made a new friend!

September: FRIENDSHIP

<https://www.youtube.com/watch?v=Cy63h5kQYQw>

Title: Friendship Virtue Video

Length: 3:44

Grade Level: K-5

http://m.youtube.com/watch?v=O35sBA_vkHc

Title: Friend Song

Length: 3:12

Grade Level: K-2



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“ Without friends the world is but a wilderness.

— Sir Francis Bacon

“ A man's friendships are one of the best measures of his worth.

— Charles Darwin

“ A friend is a person with whom I may be sincere. Before him, I may think aloud.

— Ralph Waldo Emerson

“ The most I can do for my friend is simply to be his friend.

— Henry David Thoreau

“ A road to a friend's house is never long.

— Danish proverb



Friendship

Using your words
and actions to show
others you care

_____ was caught demonstrating

Friendship

by _____

at _____

This _____ day of _____ in the year 2017

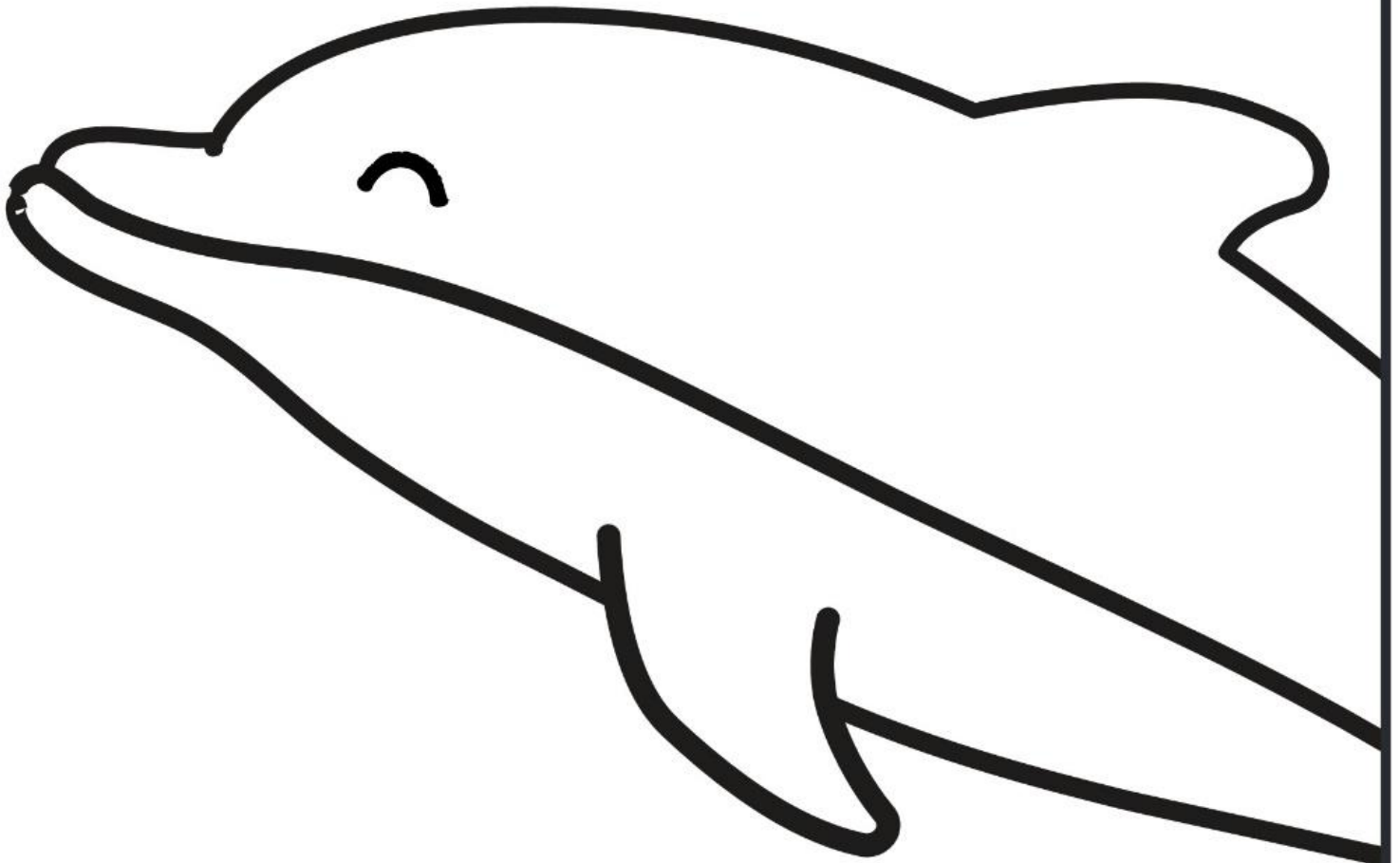
signature _____



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