



october 2021

The world would be a pretty boring place if we were all the same! Kids need some space to find out who they are and how they can impact the world around them. That's why this month we are taking some time to check out our uniqueness and...

INDIVIDUALITY:
Discovering who you are meant to be.

Individuality

OCTOBER 2021



SAY IT:

Individuality means discovering who you are meant to be.

KNOW IT:

ASK A KID:

- Think of all of the things you enjoy doing. Do you like to draw, hike, swim, put puzzles together, make slime, bake, etc.? Think of how these interests and talents can help you make a difference in the lives of others.
- Are there activities that you are interested in, would like to learn more about or would like to give a try? Talk with your parents and see if you can explore and discover these options. Trying new things can help you find out what you are good at and what you are meant to do.

ASK A GROWN UP:

- How old were you when you discovered what you wanted to be as an adult?
- What experiences helped you discover who you are and who you are meant to be?
- What does it mean to you to make a difference?

SEE IT:

The Disney movie *Moana* is a great story about a girl who is in search of who she is meant to be. Watch this short clip from the movie. Discuss the words and ideas that Moana and her grandmother use to describe who Moana is truly meant to be.

<https://www.youtube.com/watch?v=HEiSF8HpyDg>

BE IT:

One night this month, sit down as a family and have everyone complete an interest inventory. An example of a good, free resource for interest profiles can be found at <https://www.mynextmove.org/explore/ip>. There are 60 items on the inventory that assess a person's likes and dislikes. Once the inventory is complete, you are asked how much education you are interested in completing. After education level has been selected, it generates a comprehensive list of jobs that are tailored specifically to the individual. This can be used as a tool to help discover who you are meant to be and how you can make a difference in the world.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.

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INDIVIDUALITY // GIRAFFE // ORANGE

If you were gazing out across an African savanna, it would be hard to miss a giraffe.

The world's tallest land mammal, these gentle giants possess distinct characteristics for life among the treetops. Though its neck is amazingly long, a giraffe actually has the same number of vertebrae (bones) in its neck as humans do: seven.

Giraffes look down from a height of 14 to 20 feet tall. (Think of three tall adult humans stacked on top of each other.) Males are taller than females. Even a newborn baby giraffe, called a calf, is the size of a human adult – six feet tall and 150 pounds! It can be up and walking within an hour of its birth.

Acacia leaves are a favorite meal for giraffes, and their long bluish-purple tongues help them strip snacks from branches. They must eat most of the time, hundreds of pounds of leaves each week. Like cows, goats, and other ruminants, giraffes regurgitate their food to chew as cud. Then it passes back to the four chambers of their stomachs.

A giraffe is most vulnerable when drinking at a water hole. Its neck is longer than its legs, and it must maintain an awkward

position to drink. Good thing they only need water every few days; most of their water needs are met by their leafy diet. They sleep standing up.

Giraffes live in groups of about six individuals. The name for a small herd of giraffes? A tower! And while giraffes from the same area might look like their coats all came from the same closet, each individual's pattern is one of a kind.

INDIVIDUALITY: *Discovering who you are meant to be*

Giraffes have amazing adaptations, and the patterned coat of each one is unique.

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INDIVIDUALITY // GIRAFFE // ORANGE

This combination of red and yellow is not as fierce as the first or as calm as the second, but it makes its own statement in the world. Orange is associated with creativity and energy. The color name derives from the citrus fruit, and orange is thought to stimulate the appetite. Opposite blue on the color wheel, orange was chosen as the color for the Golden Gate Bridge by architect Irving Marrow, to stand out against sea and sky. Orange is definitely eye-catching, and it was the original color of neon-lit signs.

INDIVIDUALITY: Discovering who you are meant to be