



FRIENDSHIP

Using your words and actions
to show others you care

HOW YOU CAN SHOW FRIENDSHIP:

- Learn a joke to tell your friends.
 - Take a walk with a friend.
- Ask a friend what they did on the weekend and really listen to them.

Friendship SEPTEMBER 2023



SAY IT:

Repeat the definition as you set the table.

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KNOW IT:

ASK A GROWN-UP:

- Who was your best friend when you were my age? What made them a great friend?

ASK A KID:

- What do you look for in a friend?
- How can you be a good friend to your classmates at school?

SEE IT:

Pixar has produced a lot of great movies over the past three decades. Their movies have been seen by millions of people around the world and have landed on many peoples' list of favorite movies. One of the best Pixar movies ever made is about friendship. It is such a great movie that they made a sequel, and another, and another, as well as some spin-offs and TV shows. Do you know what this movie is? Here's a hint: "You've got a friend in me." If you guessed *Toy Story*, you are correct! While their relationship hasn't always been perfect, Woody the Sheriff and Buzz Lightyear's friendship is a great example of how we can all use our words and actions to show others that we care. Take a couple of minutes and sing along as you watch a great example of long-lasting friendship: <https://youtu.be/nMN4JZ8crVY>.

BE IT:

As a family, create a list of 5 to 10 characteristics of a great friend. Go over this list and decide some practical things you can do and say to let others know that you care about them. Being a great friend doesn't always come easy. Sometimes it takes practice and planning, but it is well worth it!

PHASE

Friendship
SEPTEMBER 2023



At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!

september 2023

FRIENDSHIP // FENNEC FOX // GINGER

Members of the family Canidae (dog-like carnivores), fennec foxes are the world's smallest canids. At eight inches high at the shoulder and weighing two or three pounds, a grown fennec fox is the size of a 10-week-old kitten.

Everything about them is small except their oversized ears, which help them hear prey in the sand and regulate body temperature. These tiny desert foxes make their home in North Africa.

Their cream-colored fur ends with a black tip at the tail. A thick undercoat insulates fennec foxes in both cold and hot temperatures, keeping them warm at night and protecting them from extreme heat during the day. They spend their days resting in burrows, which can be 10 yards long with multiple entrances.

These small predators hunt at night when it's cooler, and grasshoppers and other insects are favorite meals. They'll eat some plant matter, too.

They get most of their water from solid food. Superb at pouncing and digging, they can jump three feet high from standing.

Though adorable, they are not suited to be pets. Captive fennec foxes in zoos, however, often interact and play with their human keepers.

At Smithsonian's National Zoo in Washington, D.C., one keeper described fennec foxes as more engaged with their caretakers than other mammals. Staff members provide the foxes a stimulating desert-like environment as well as target training to make handling pleasant and safe.

In the wild, fennec foxes are highly social and vocal, but they usually hunt alone. They mate for life and are fierce defenders of their territory and pups. They know how to get along with others, though – sometimes several families share the same burrow.

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Fennec foxes might be small, but they have big personalities.

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FRIENDSHIP // FENNEC FOX // GINGER

As one of the first spices traded between East and West in the first century CE, ginger has long been prized. Its warm, pungent taste originated in South Asia's tropical forests. Designers use "ginger orange" as a stimulating color. "Gingerspice" is a deeper, more muted shade. Gingerbread traces its roots back to ancient Greeks and Egyptians, who used a version in ceremonies. Recipes were also developed in China in the 10th century. A legend claims England's Queen Elizabeth I impressed guests with the first gingerbread man. The first recorded European gingerbread recipe dates from the 1500s in Germany, where gingerbread houses popped up in the 1800s.

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