

may 2022

Take a deep breath. We're almost to the end of the year! You've made it through all of the permission-slip-signing, carpool-driving, homework-helping, and concert-listening until the fall, thanks to a lot of...

PERSEVERANCE:
Refusing to give up when life gets hard.

Perseverance MAY 2022



SAY IT:

Perseverance means refusing to give up when life gets hard.

KNOW IT:

ASK A KID:

- Have you ever had a hard time with learning a concept at school? What did you do in order to finally accomplish your goal and learn?
- Can you think of a time when you have given up on something? How did it feel when you gave up? Now think of a time when you powered through and accomplished a goal even when it was hard. Contrast the two feelings.

ASK A GROWN UP:

- What are examples of things in your life that have been hard to persevere through as an adult or as a child?
- What are some things that you have done that have helped you persevere?
- Are there people in your life that you go to for help when life gets tough?

SEE IT:

Sit down together as a family and watch this scene from the movie *The Princess and the Frog* <https://www.youtube.com/watch?v=ThMwHKfzz1I>. This music scene depicts Tiana's journey of getting closer to achieving her dreams. She works hard each day and saves all of her money in hopes of opening up her own restaurant one day. The song "Almost There" is a great musical representation of refusing to give up when life gets hard.

BE IT:

A physical test of perseverance might be the ticket this month. Challenge your family to take on a physical endeavor in the near future such as a local Relay for Life walk or 5K run. Prior to the challenge, discuss as a family ways that you can persevere even when the going gets tough.

PHASE

Perseverance
MAY 2022



Have you done the math?

How many weeks do you have from now until your child graduates from high school? You have about 36 less than when the school year started!

No matter their age, kids need a few things over time:

LOVE gives them a sense of worth. Knowing they are loved and seeing others love each other gives an example of what your kids will look for in future relationships.

STORIES about their past, their family, and their environment give them a bigger perspective.

WORK that is appropriate for them helps to give them purpose and significance.

FUN helps give them connections to others.

GROUPS or **TRIBES** (a team, a youth group, a cast, a class, etc.) give them a sense of belonging and fitting in.

WORDS that encourage, support, and correct give them direction.

So don't miss it. This school year may be over, but there is still time to incorporate love, stories, work, fun, tribes, and words in the time you have left.

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PERSEVERANCE // CARIBOU // BROWN

You have to be pretty tough to endure life in the Arctic. Caribou have impressive adaptations to help them survive, including large antlers. (Even female caribou have antlers.) They make the longest migrations of any land mammal. Some herds have been documented traveling more than 3,000 miles.

In late spring, a caribou mother gives birth to one calf. It's a hardy baby, able to get up and travel within an hour. And caribou are expert travelers. From calving ranges, they move to summer grazing ranges, eating willow leaves, flowering plants, and mushrooms, among other foods. When the weather turns cooler, they munch on lichens, sedges and shrubs.

Always on the move, caribou are built to migrate in harsh conditions. Their hair-covered noses warm air before it reaches their lungs; they have thick coats and undercoats; their eyes adapt to long, dark winters; and their feet are amazing. In

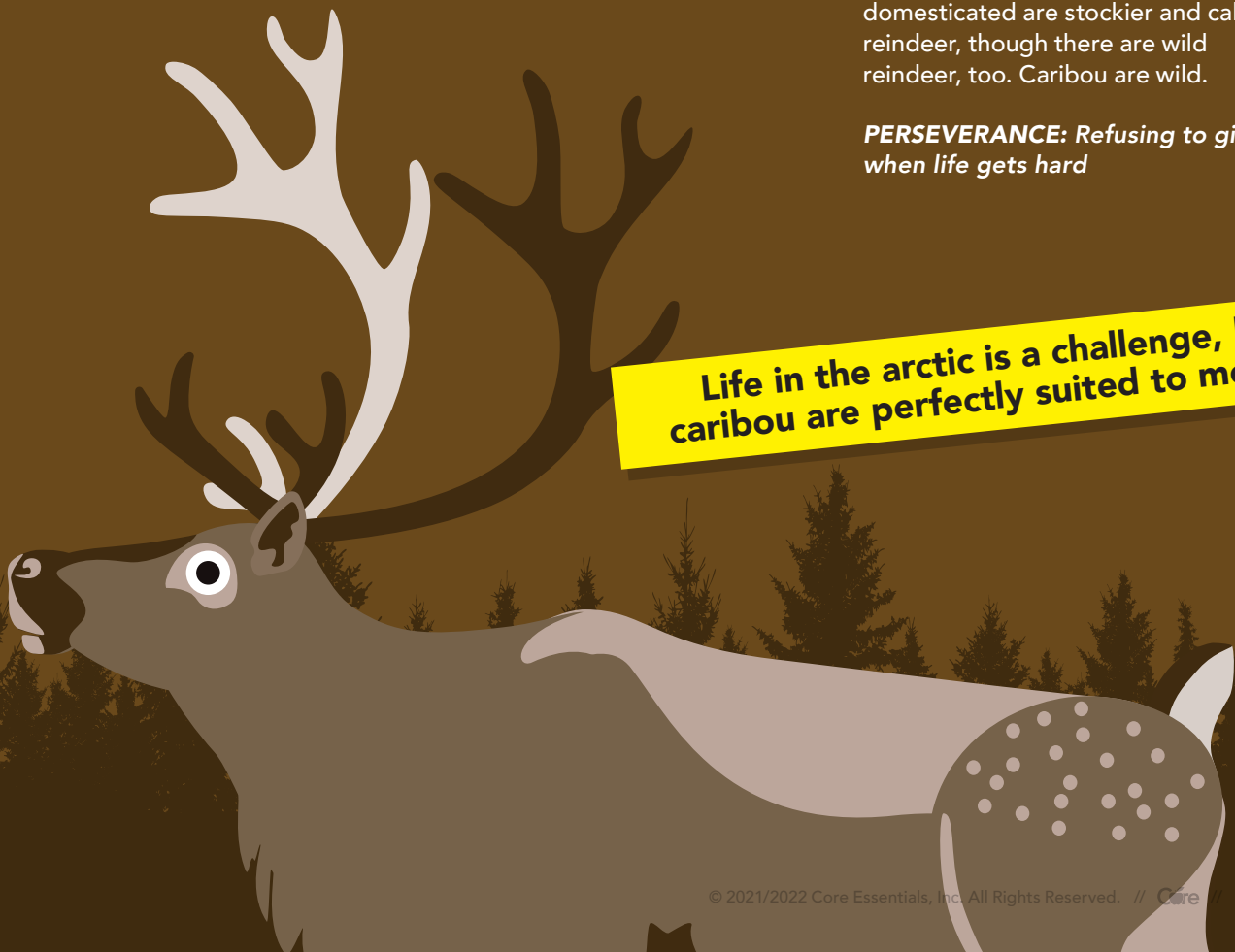
summer, their hooves soften and widen to cover more ground, and in winter they contract and become sharper in order to break, and paw, through ice – with extra hair for warmth. Their feet also make great paddles! Caribou are strong swimmers, as well as fast runners.

How do they find each other in snowstorms? Besides an excellent sense of smell, caribou have another superpower – the way their tendons slip over sesamoid bones in their feet produces a clicking sound.

Fun fact: Caribou and reindeer are the same species, with 'reindeer' in Europe and Asia and 'caribou' in North America. Animals that are domesticated are stockier and called reindeer, though there are wild reindeer, too. Caribou are wild.

PERSEVERANCE: *Refusing to give up when life gets hard*

Life in the arctic is a challenge, but caribou are perfectly suited to meet it.



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PERSEVERANCE // CARIBOU // BROWN

Brown is a grounding color, literally the color of earth, and connotes dependability. Brown suggests duty and stability. In technical terms, brown is a shade rather than a hue – it's made by combining darks or grays with yellows, oranges or reds, or by combining all three primary colors – red, yellow, and blue. Flashy, it is not. But try painting a landscape without it. While it's not often touted as a favorite color, brown does promote feelings of warmth, simplicity, and strength.

PERSEVERANCE: Refusing to give up when life gets hard