



The Knight's Table



BE THE SOLUTION



NOT THE PROBLEM

Be a solution, not a problem. Truly, it is all about your attitude and the decisions you have made about yourself and how you will plan and act. “Be a solution” attitude forms a work culture in which people will follow your lead; you will realize your goals alongside others despite any obstacles or challenges that block your way.

It is much too easy to merely obsess over a problem and constantly complain about it. If you become too fixated on all the problems and issues that appear everywhere you go, they will overwhelm you and morph into a persistent grievance. In doing this, you are essentially becoming the problem itself. That is what you want to avoid. Being the problem is a passive outlook.

Instead of imagining an ideal world of problems-solved, you should find the solution and embody it. Alternatively, you could shift your energy and scrutinize your challenge in a different, more positive light. In fact, if you face and take down a problem, people will notice. They may appreciate you more for it. Furthermore, being the solution implies that while you can and should

present problems, you also should take the next step and identify how to fix it. Problems introduced alongside a solution-aligned foundation cause positive events to occur; goals are reached, cooperation and partnership are increased, and people are happy. In order to be the solution, you have to take yourself into account and understand your role and how you play it. In other words, you have to accept responsibility.

Practicing gratitude also helps with being the solution. Being too focused and entangled within overwhelming discontent will make you blind to the present and what is going right. Making sure to execute gratitude will prevent you from being swamped by daily difficulties.

Keeping your mind on every problem you encounter won't do anybody any good, whereas introducing problems alongside the solution would be a positive thing to everybody. You have many things going on in your life going right; it would do you good to remind yourself of that.

-Nicole Lui

“Always look at the solution, not the problem. Learn to focus on what will give results.” Anonymous



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Social Emotional Awareness Leadership



Est-2019



Give thanks

I am so happy that I can go to the toy store today! My mom is going to buy cool gifts for both me and my sister. "Cathy, time to go!" her mom exclaimed.

My little sister, Jane and I were selecting the toys that we wanted. After a long day of shopping for toys, my mom finally directed us to the cash register. At the last moment, a toy caught Jane's eye. "Mommy, I want that toy!" shouted. "Jane, you already bought enough toys for yourself," my mom said. Jane kept whining and whining until my mom had to buy the toy for her



I was worried when I saw the concerned look on my mom's face. "Two dollars short," my mom mumbled. "I can't buy this toy for you, Jane." The man waiting next in line looked to see what was wrong. "Here, take my money," the man said. "Really?" my mom asked. "Thank you, sir." She bought the toys and left.

My mom did not say anything on our way home. Her eyes refused to look at both me and my sister. The minute we got home, she simply said that she was tired and wanted to go to sleep. She would not wake up when I tried to wake her up. Eventually, I just stopped trying and went to bed.

The next day, my mom looked like all of her energy was drained. Sometimes I wonder if raising me and my little sister as a single mother is hard for her. When I think about it, I feel bad that we put her through so much trouble everyday. If only I could find a way for Jane to see that too.

Ever since that day, I have tried my best to be a little more independent so that my mom would have a little less work to do. Apart from that, I have also tried to help Jane see that she should be thankful for all the work mom does for us.





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It is almost Thanksgiving, and I know exactly who to thank. Jane seems to be having trouble choosing who to be thankful for even though that person is there for her everyday. She cooks us good meals, buys us toys, washes our clothes, works many jobs to provide for us, and most importantly she loves us.

Since Thanksgiving was just a week away, I wanted to surprise my mom with a small Thanksgiving party. I wanted to buy her a cake and get all the decorations so that it would feel more special. But, I knew that it would be too much work for me and I would never save up enough money in time for Thanksgiving. Without another choice, I asked my sister to help me. To my surprise, she was very willing to help me.

To get money, we both did small jobs like selling lemonade and mowing other people's lawns. Since we knew it was for our mom, we worked tirelessly to save up enough money. With just a few days left until Thanksgiving, we bought all the preparations for the celebration. We knew that this would be the most special Thanksgiving of our lives.

It was finally the day that Jane and I had been waiting for. We woke up a few hours before our mom so that we could prepare everything. Just minutes before our mom woke up, we hid under the table so that we could surprise her. "Surprise!" we exclaimed when our mom came out of her bedroom. With a shocked expression on her face she said, "Wow, this is amazing." "Let's celebrate now, mom!" Jane exclaimed.

We ate the cake and talked about what we were thankful for. We did our annual tradition of watching the Thanksgiving parade. This Thanksgiving was the best Thanksgiving ever and that was because my family was there with me. I enjoyed spending time with them. And that Thanksgiving was the best Thanksgiving I have ever experienced in my life. Being grateful for others can make both you and others happy. And I know that I will have many other amazing Thanksgivings for the years to come.

-Sally Zeng



"We must find time to stop and thank the people who make a difference in our lives." – John F. Kennedy



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Seasonal Smiles

Happiness begins somewhere
when autumn hits
chlorophyll breaks down
and leaves start falling
don't fight the urge
to jump in a pile,
happiness begins somewhere.

In winter
go make yourself
a snowman
any shape and size
your heart desires
make snow angels,
hot chocolate,
and sit beside the fire.

When spring comes
April showers
shouldn't stop you
from dancing
in the rain
and jumping in puddles

Smile
like the little kid
you still are
inside.

-Rachel Wang



National Day of Listening day is on November 25 each year. It is the day after Thanksgiving, it's a day where you can escape all the chaos and listen instead of talking. This day is for you to relax your voice and listen to other people's situation instead of talking about yours. Listen to your favorite podcasts or listen to your favorite songs. Maybe even listen to your friends' problems. There are many problems in the world today so maybe you can relate to them. Like pollution your house might be really dirty now you can clean your house and it can be clean and tidy. Next time when you talk over someone remember about National Day of Listening because they might be talking to you about something that is close and special to them. Celebrate National Day of Listening by listening to people around you instead of being an introvert.

-Tiffany Cen



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November Gratitude: Embracing Thankfulness

This puzzle is a word search puzzle that has a hidden message in it.

- ✓ First find all the words in the list.
- ✓ Words can go in any direction and share letters as well as cross over each other.
- ✓ Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

F E B E T H H A N K F F T U L
 A F V B L E S S E D A O S R T
 M D F I A H E L I L L T E T D
 I L E R T E T H L U I N V G A
 L R T I I A L U F E T A R G L
 Y E S F F E I K O R T H A E G
 D B Y A D S N C D N D U H P T
 L M O M A A I D E K M E L I F
 E E E B H E A T S R U U T I F
 A V U T L O Y Y A Q P Z T K W
 V O A K C P P H E S C P P U S
 E N G N P F C O L O R S A B A
 S S H A C D L F P J G J Z F M
 B V H T H A N K S G I V I N G
 L U F Y O J W A R M Z J C T E

APPRECIATIVE
 COLORS
 FRIENDS
 AUTUMN
 FALL
 GLAD
 HARVEST
 LEAVES
 SATISFIED
 BLESSED
 FAMILY
 GRATEFUL
 HEARTED
 NOVEMBER
 THANKFUL
 WARM



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