



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



As summer approaches, it's the perfect time to think about how we can feel confident in ourselves. Self-confidence is the belief that you can do things well and handle challenges. Whether it's trying a new sport, making new friends, or taking on a new hobby, building self-confidence helps you believe in your abilities. When you trust yourself, you are more likely to try new things and enjoy summer activities to the fullest.

One way to build self-confidence is by setting small goals. These goals can be simple, like learning to ride a bike without training wheels or trying a new recipe in the kitchen. When you accomplish these goals, you'll feel proud of yourself, and that pride will make you feel more confident. The more goals you achieve, the more you'll realize that you can do anything you set your mind to.

Another important part of building self-confidence is believing that mistakes are okay. Everyone makes mistakes, even grown-ups! The key is to not let mistakes stop you from trying again. When you try something new, it's normal to face challenges. But by staying positive and learning from your mistakes, you'll grow stronger and more confident in your abilities.

Finally, remember to surround yourself with positive people who support you. When you have friends and family who believe in you, it's easier to believe in yourself too. Confidence is something you can build over time, and by the end of summer, you'll find yourself ready to take on new adventures with a strong belief in your abilities. So go ahead, try something new, and have fun knowing that you're capable of great things!

-Rocoluca Ferraro





The Knight's Table



Social Emotional Awareness Leadership



Est-2019



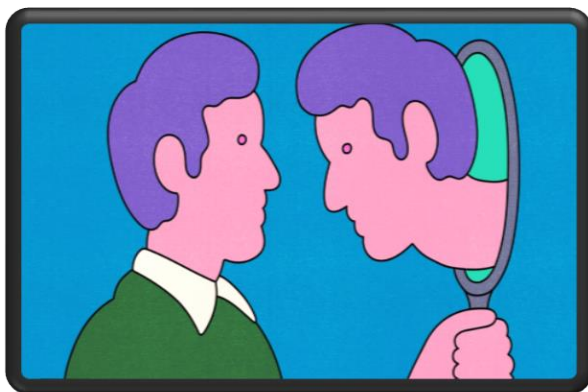
It's important to know what you are good at. Everyone has things that they do well and need to work on. Maybe you are a fast runner or a good artist. Perhaps you are great at math and need more help in science and that's ok. These are your strengths and weaknesses. When you know your strengths you can feel proud of yourself! You can also use your strengths to help you when things get hard.

It's also important to know what you find tricky. Maybe you have a hard time with reading or you get nervous when you talk in front of the class. These are things you can work on. It's ok to have things you need to improve. Knowing what these things are the first step to getting better. One way to get better at things is to keep working on them.

Being self aware is important because it improves decision making and enhances emotional intelligence. Self-awareness, the ability to understand one's own thoughts, feelings, and behaviors, is crucial for personal growth, effective decision-making, and strong relationships.

In conclusion this shows that How important self-awareness and personal strengths are. When you know your strengths, weaknesses and are self-aware you will be a great person that everyone adores.

-Amelia Tuzzolino





The Knight's Table



Social Emotional Awareness Leadership



Est-2019

self awareness

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

understanding	intelligent	kindhearted	opinionated	responsible
trustworthy	dependable	goodfriend	personable	supportive
thoughtful	beautiful	amazing	helpful	lovable
mindful	vibrant	caring	honest	joking
proud	quiet	sweet	love	nice
wise				

Product of the S.E.A.L. Team

Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros,
Kara Manuela-Cruz, Grace Zhang (8th grade)

Lily Ana Catalano, Riley Dubois, Hana Durgut, Michelle Huo, Stacy Katsaros
Aila Kuka, Leilani Quintana, Amelia Tuzzolino (7th grade)

