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Inspiration

What inspires you? Is there something that makes you feel creative, motivated, or driven? Some people are inspired when they hear the story of someone who has accomplished a goal similar to the goals they have set for themselves. Others are inspired by certain songs or works of art. Even quotes, speeches, or sayings from people we admire can inspire us. When we are inspired, it means we feel a new or renewed sense of purpose. We want to start working toward our goals immediately.

You might feel inspired right after a competition. A win can inspire you to keep working, and a loss can inspire you to do better next time. If you watch someone your age perform a kata perfectly, it might inspire you to work a little harder at your katas so you can achieve the same level of perfection.

Find our what inspires you and use it to push yourself to accomplish great things!

Jokes:

What do you get from a pampered cow?

Spoiled Milk!

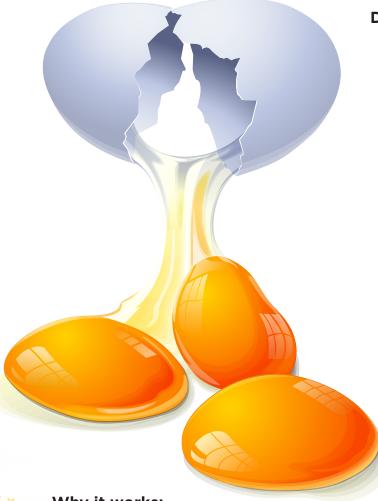
What kind of bee can't make up it's mind?

A Maybe!

Bouncy Eggs: A Science Experiment

You'll need:

- Eggs (you can make as many or as few as you want)
- White Vinegar
- Clear Jars
- Food Dye
- This experiment takes 48-72 hours, so be patient!



Directions:

- Place one egg in each jar. Make sure the jar has a wide enough mouth, as this experiment will make your egg expand.
- 2. Cover the egg with vinegar. You can add food dye to your vinegar, if you want colorful eggs.
- 3. After 24 hours, change the vinegar. Be careful not to poke a hole in the shell while you drain and refill your container. Cover the egg with fresh vinegar and let your experiment sit for another 2-3 days.
- 4. After a couple of days, the shell should be completely gone.
 Gently rinse your eggs with warm water, and explore the delicate yet durable structure of your eggs.

Why it works:

The shell of an egg is made of calcium carbonate. When you place the egg into the vinegar, you should see bubbles form. This is the chemical reaction of the acid in the vinegar reacting to the calcium carbonate to produce carbon dioxide. You'll should also notice your eggs getting larger as they sit in the vinegar. That's because some of the vinegar gets absorbed through the eggs semi-permeable membrane.

Farm Animal Boggle

How many words of 3 letters for more can you find using the letters below? Words are formed from adjoining letter. Letters must join in the proper sequences to spell a word and may join horizontally, vertically, or diagonally, to the left, right, or up-and-down. No letter square, however, may be used more than once within a single word. You may use plurals if available.

P	_	A	T
W	G	0	U
С	0	R	K
S	Т	Y	Ε



Scoring:

1 point for each 3 letter word
2 points for 4 letter words
3 points for 5 letter words
and so on.

Sore an extra 2 points for every farm animal themed word that you make!

My Score _	



Motivate

Definition:

Verb — Stimulate (someone's) interest in or enthusiasm for doing something.

Example:

One of your instructor's jobs is to motivate you to do great things.

Circle the synonyms of the word motivate. Underline the antonyms.

Dishearten Stop Prevent

Excite Inspire **Encourage**

"TO SUCCEED, YOU NEED TO FIND SOMETHING TO HOLD ON TO, SOMETHING TO MOTIVATE YOU, SOMETHING TO INSPIRE YOU."

- TONY DORSETT -

Word Search Search for the words to the left.

COMPETITION

COMPETITION	Υ	- 1	Ν	S	Т	R	U	C	Т	0	R	V	Р	Ν	C
CREATIVE	J	X	0	Υ	L	U	J	K	D	Н	1	Χ	0	Р	R
GOALS	V	S	i	W	W	D	0	R	С	т	N	ī	Α	U	Е
HOT			·							•				_	_
HYDRATE	L	S	Т	М	Q	Υ	Ε	X	Α	ı	Т	Q	F	Ν	Α
INSPIRATION	K	Ε	Α	X	0	M	Z	М	D	- 1	K	F	- 1	C	Т
INSTRUCTOR	Υ	С	R	Т	Н	Т	1	W	Т	K	W	L	L	Н	1
JULY	Α	С	1	V	R	Ν	1	Е	Т	Α	R	D	Υ	Н	٧
KICK	- 1	U	Р	K	S	Α	Р	V	G	0	Α	1	S	0	Е
KIDKICK	_	•	_		_							_			
MOTIVATE	Р	S	S	0	D	M	ı	Ε	Α	U	Α	Т	Z	D	Q
PLAY	Q	X	Ν	С	0	- 1	Ν	Ν	R	Т	U	R	0	Υ	Z
PUNCH	Р	G	- 1	С	W	Ν	K	Р	V	D	Ε	Т	S	Ν	Н
STUDY	Z	S	Н	М	Υ	K	Ν	В	Υ	М	0	Р	Q	S	J
SUCCESS	М	Z	Α	Q	ı	Ν	J	X	М	Н	V	Р	W	U	L
SUMMER	Υ	D	7	V	F	М	R	U	Υ	N	R	F	Е	G	J
TRAIN		_	_	•	'							-	_		J
VITAMINS	K	Υ	L	V	L	Α	S	X	Μ	Р	D	Z	Н	В	J