



KID KICK

NEWSLETTER

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Commitment

Commitment is an important life skill. Learning commitment takes a lot of work, because being committed to something means staying on track and following through on the things we said we would do, even when it stops being fun or convenient. A few ways you can learn how to stay committed to something are:

1. Finishing your daily or weekly chores.
2. Taking care of your pets
3. Working on projects for your room
4. Staying involved in your martial arts classes
5. Completing a difficult puzzle or learning to play a challenging game
6. Putting together a schedule and sticking to it

When we keep moving toward the goals we set for ourselves, we show our commitment. Setting our priorities and deciding what we will spend our time doing is easier when we know what things we are committed to accomplishing.

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FROGS AND TOADS

Do you know the difference between a frog and a toad? They are quite different animals, although they belong to the same animal group.

FROGS:

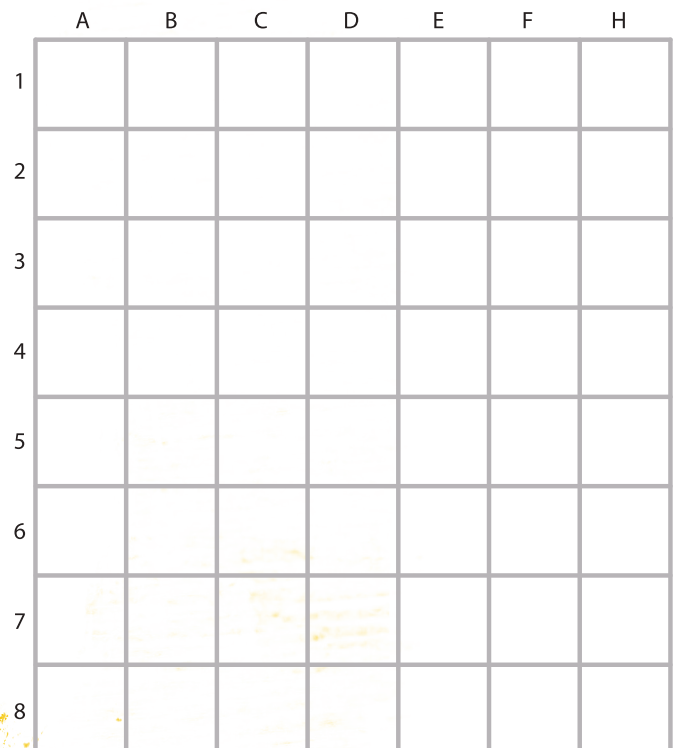
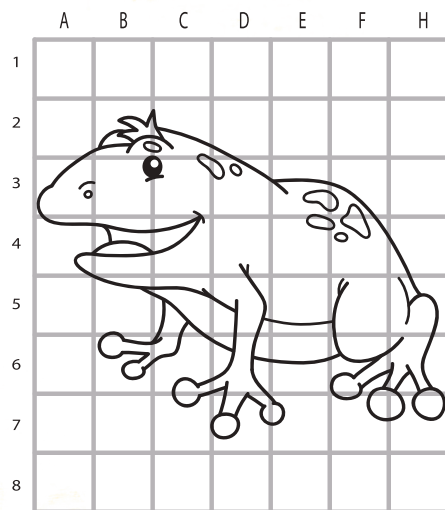
- Need to live near water
- Have smooth, moist skin that makes them look “slimy”
- Have a narrow body
- Have higher, rounder, bulgier eyes
- Have longer hind legs
- Take long high jumps
- Have many predators

TOADS:

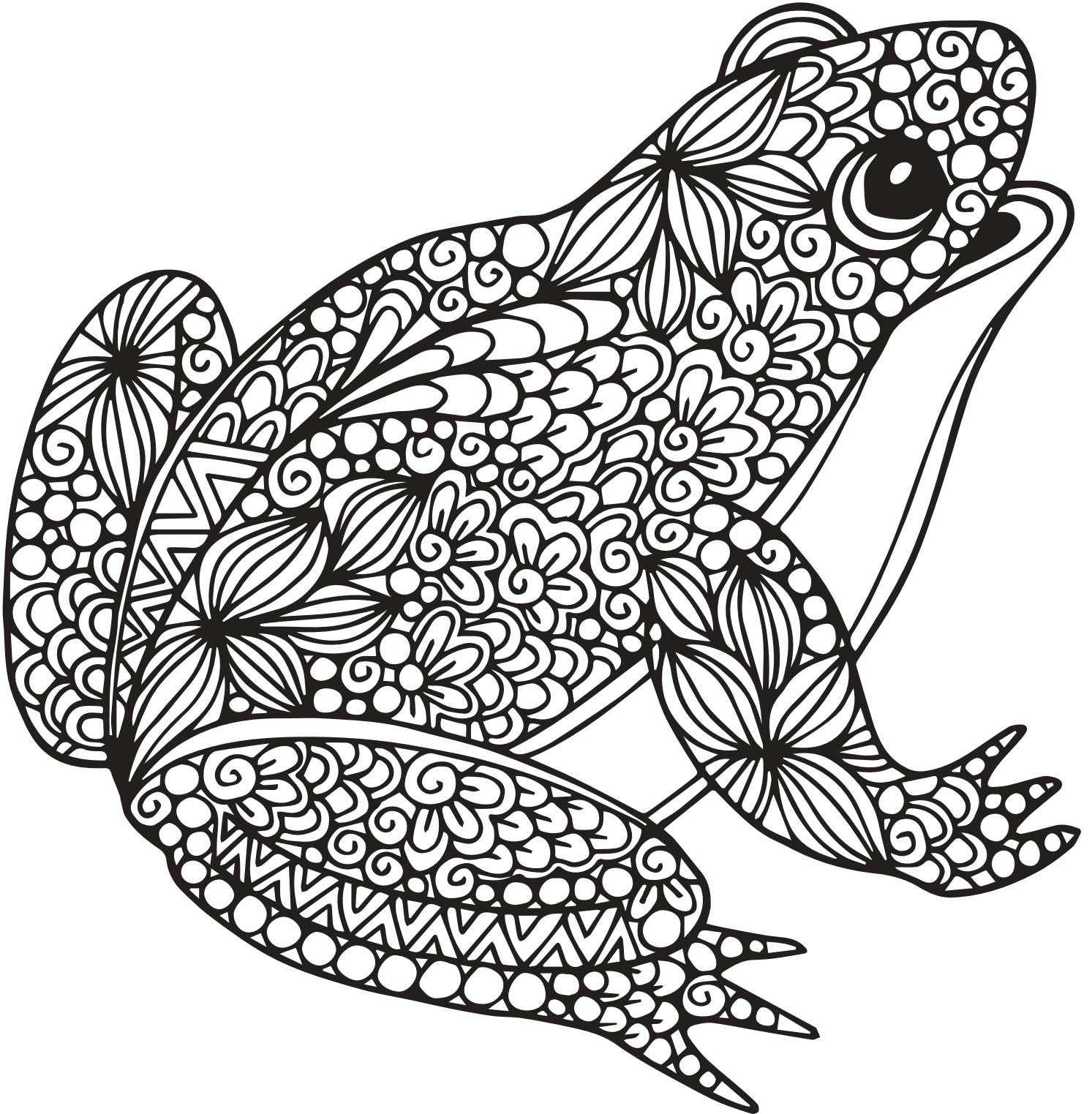
- Do not need to live near water to survive
- Have rough, dry, bumpy skin
- Have a wider body
- Have lower, football shaped eyes
- Have shorter, less powerful hind legs
- Will run or take small hops rather than jump
- Do not have many predators

A toad's skin lets out a bitter taste and smell that burns the eyes and nostrils of its predators, much like a skunk. And neither frogs nor toads will give you warts! That is just a myth.

USE THE GRID TO DRAW YOUR TOAD



COLORING TIME



Word to Remember

Priority

Definition:

Noun — A thing that is regarded as more important than another.

Example:

Because her homework was a priority and her video game was not, Cassandra scheduled some study time for herself.

When we learn to prioritize the things that are important, it becomes easier to stay on top of our commitments. Take the time to prioritize what you need and want and then set a plan for how you are going to chase down those goals.

WISE
QUOTE

TRY TO BE A RAINBOW IN
SOMEONE'S CLOUD

- MAYA ANGELOU -

