



may 2023

Staying motivated is a challenge – especially at this time of the year. But finishing strong is one of the ways that you show your determination – and determination can take you a long way in this world. So keep your eyes on the prize this month, and remember that it's worth it to make it to the finish line and say, "I did it!"

## **DETERMINATION:**

*Deciding it's worth it to finish what you started*

## Determination MAY 2023



### SAY IT:

Determination means deciding it's worth it to finish what you started.

### KNOW IT:

#### ASK A GROWN UP:

- Tell me about a time you finished something you started. How did it make you feel to finish a big task? What helped you stay determined to finish the task?

#### ASK A KID:

- Tell about a time you finished a task even though it was difficult.
- When did you give up on a task and leave it unfinished?
- Why did you finish one task but give up on another one?

### SEE IT:

Watch the following short film, called "Coin Operated," about determination.

<https://www.youtube.com/watch?v=5L4DQfVlcdg>

In this video, we see a young boy who sets out with a big dream. Through years and years of determination, he makes his dream a reality. Talk about the lessons you learned after watching the film.

### BE IT:

As a family, set a big goal for the summer. Come up with something that might seem impossible to accomplish in just 2 months. Create an action plan of how you can work together to make it happen. Challenge and encourage each other to have determination and know that in the end, it will be worth it to finish what you started.

# PHASE

Determination  
MAY 2023



## 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.

# may 2023

DETERMINATION // SQUIRREL // PLUM

**Have you ever seen a squirrel** trying to dine at a bird feeder? These crafty critters often succeed at snagging a meal, despite squirrel-detering obstacles. They are clever and persistent rodents.

In fact, the ability of eastern gray squirrels to solve problems has contributed to their "invasion" of Great Britain. World-wide, there are more than 200 types of squirrels, including tree, ground, and flying squirrels. (Technically, flying squirrels glide rather than fly.) More than half of all squirrels are tree squirrels.

They can climb in any direction, thanks to double-jointed back legs and sharp claws. As foragers, they're always on the hunt for nuts, buds, and seeds. Before winter, they bury acorns and other food items in different locations. Researchers have discovered that the process isn't as random as it looks; squirrels organize their "cache" by quality and variety!

Because squirrels hide more food than they dig up, the extra seeds and nuts will sprout and grow come spring. This process is called seed dispersal, and we have squirrels to thank for many new trees.

They use their powerful sense of smell to locate their buried treasure and to get information about other squirrels. They also communicate with flicks of their tails, showing frustration. If a hawk or other danger appears, they sound an alarm call. Different combinations of tail movements with sounds – chirps, clicks, or whistles – can signal whether a predator is on the ground or lurking above.

What about that zig-zag running? That's to throw off pursuers until a tree can be found. And, believe it or not, squirrels really do find most of those buried acorns!

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**Squirrels often find success  
(and tasty treats) by not giving up.**

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First described as a color more than two centuries ago, plum takes its name from the reddish-purple fruit in the genus *Prunus*. It's a frequent hue in winter decorating, with sugar plums as a holiday treat, for instance. Plum is considered an opulent color, suggesting luxury. Though it has a red component, it is perceived as cool. Plum blossoms appear in late winter, signaling the arrival of spring around the corner. Plum trees are hardy and associated with resilience, especially in many Asian cultures.

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