

DECEMBER 2015

# DIGNITY

## POWERFUL FAMILY



A Special Members-Only Newsletter from Powerful Words Character Development

*Dear Family,*

This month we will focus on the powerful word; “dignity.”

Dignity, the idea that everyone is born with value and worth, is something that we all have in common. We are all part of a human family and remembering our similarities while honoring our differences can help to connect us all.

Every person wants to feel valued and worthy. We want others to treat us like we matter. And, as it turns out, we are very good at identifying when indignity is occurring. Research tells us that when we recognize that we are being judged and treated unfairly, our response is similar to when we are treated poorly in a physical manner. In professor Donna Hicks’ book, **Dignity**, she explains; “Being treated with dignity triggers the limbic system to release those pleasant feelings of being seen, recognized and valued-- all the life expanding experiences that come with human connection.” We need to help children ask themselves: “If I were to treat others with dignity, what would that look like?” and “If I were to keep hold of my own dignity, what would that look like?”

Aside from learning how to treat others with kindness, children need to learn how to relay that they value others. Internally, they must learn how to refrain from shaming themselves and externally they must learn to repair relationships when they have made others feel inferior. There are many parts of dignity and we’ll be discussing the many compelling issues of acknowledgement, recognition, inclusion, fairness and more. Relationships, connection, worth and bullying will also be part of the conversation. It will be a very powerful month!

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

*—Your Motivated and Dedicated  
Instructors*

- WEEK 1** Dignity: What does it mean and what does it look like?
- WEEK 2** Relationships: Connection, acceptance, inclusion, & fairness.
- WEEK 3** Value and strengths: How can we recognize strengths in everyone?
- WEEK 4** Celebrations & uniqueness: Holidays, similarities and differences.

“Dignity inspires action. When we teach children that each person matters and makes a difference, they do things that matter and make a difference.”  
—Dr. Robyn Silverman

“Dignity does not consist in possessing honors, but in the consciousness that we deserve them.”  
—Aristotle

“One’s dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered.”  
—Michael J. Fox

“Dignity is as essential to human life as water, food, and oxygen. The stubborn retention of it, even in the face of extreme physical hardship, can hold a man’s soul in his body long past the point at which the body should have surrendered it.”  
— Laura Hillenbrand

“A wise man has dignity without pride; a fool has pride without dignity.”  
— Confucius

# DEAR DR. ROBYN

*Dear Dr. Robyn,*

Did you see it? There was a video of a worker at a fast food restaurant who told a homeless man that he'd give him a hamburger and then threw water in that man's face instead...How can we talk to our children about how to treat others even when they are different or have less?

-- Joanie P. Los Angeles, CA

*Paraphrased from a message; with permission*



*Dear Joanie,*

Yes, I did see that video and I was horrified along side many others who also watched it. How could there be such a violation of dignity to someone who was already in such a vulnerable position? We must treat ALL citizens as though they matter if we are to create a culture grounded in dignity, strength and kindness.

Here are some ways to talk to children and teens about dignity:

**(1) Use current events:** When videos (such as the one you mentioned) or stories come out into the mainstream, discuss them! For instance, ask your children, "what do you think of this employee's behavior?" and "how do you think that made the man who was homeless feel about himself?" Children and teens can learn a great deal about

right and wrong if we use media and current events as teaching tools.

**(2) Travel mentally or physically:** Show your children the many different kinds of people there are in this world. You can physically travel or mentally travel through books, the web, and connecting with pen pals. Talk about similarities and our differences. Discuss that each person has worth no matter how much or how little they own.

**(3) Be outward about meaningful gratitude:** Tell people how much they matter to you and model this for your children. Encourage your children to express their gratitude and their admiration for others. Too often we highlight competition in our society rather than cooperation and gratitude.

**(4) Discuss put-downs and bullying:** Bullying and social

aggression can strip someone of their dignity and shame them for not being "enough" or being too different. Talk about the link between bullying and dignity and ask your children for ways that we can lift ourselves up without putting others down.

**(5) Encourage dignity of self:** Talk to your children about refraining from putting themselves down, shaming or making themselves seem inferior. Make sure they know that they are valuable and that you are too!

**Here's to your success!**

A handwritten signature in black ink that reads "Dr. Robyn". The signature is fluid and cursive, with a long horizontal stroke at the end.



## GET HEALTHY - STAY HEALTHY!

### **Teach Healthy Eating: Cooking for Every Age**

Not too many children will list broccoli on their short list of favorite foods – but just because they don't love those little green trees doesn't mean that there aren't ways to get them eating healthy early on.

Many kids are more prone to eating something simply because they had a hand in making it – so get them involved in meal prep, regardless of their age! Here are some ways to involve your kids in cooking – and get them eating healthy – at every age:

#### **Age 2-4**

Let them give you a hand – and build those gross motor skills – by taking on smaller tasks, such as stirring or adding cheese to a sandwich. Toddlers are proud of being able to contribute, particularly when doing so allows

them to be part of your world and enjoy new “big kid” privileges. Scrambled eggs, batters, and salads are all easy dishes for them to help out with. When measuring ingredients, let them add the pre-measured components into the bowl.

#### **Age 5-7**

Kids this age are likely early readers, so let them help interpret the recipe and instructions. They can also try their hand at measuring out ingredients, mixing, and maybe even cutting. You'll need to keep an eye on them and be extra cautious if you let them use automatic kitchen tools, like auto mixers, never mind sharp objects. Let them start to weigh in on what you make by offering them a few suggestions.

#### **Age 8-10**

Let them take the driver's seat and take control of the recipe and dish prep – consider them the

sous chef and yourself their assist. You might also let them start weighing in on recipe additions or substitutions – letting them choose which veggies you add automatically ups the odds of them enjoying them.

#### **Age 11+**

Around this age, extra curriculars start to really run the show, often eating into (pun intended) family meals together – and with that often comes less healthy decisions. Consider letting your kid(s) take the reins one night a week when they don't have other activities to prep a meal the whole family will enjoy. You'll likely want to have them run the menu by you to ensure it isn't full of noodles and chocolate chip cookies, but chances are good that they'll embrace the opportunity for some independence and to show off a bit!

**UPCOMING  
HOLIDAYS  
ACADEMY CLOSED**

**Christmas Vacation  
Closed  
Dec. 22nd—Jan 1st**

**Re-open Sat. Jan. 2nd**

**CLOSED**

**Jan. 18th  
M.L.K. Day**

**Feb. 15th  
Presidents Day**

**Apr. 18th  
Patriots Day**

**KARATE PROMOTIONS**

**White Belt: Safety Belt:** Alan Rodriguez, Ihan Rodriguez

**Jr. Orange Belt:** Jakob Page, Sayontika Bhattachary

**Orange Belt:** Krishan Gohil, Roukya Mama Sambo, Noureni Mama Sambo

**Green Belt:** Aiden Le

**Blue Belt:** Jim Cohen

**Nikyu,**1 blk strp Hratch Minassian,

**Fall Sales Event  
New Academy Gear Bag  
Large size only at this time  
\$54.95**

**Get ready for the fall with a  
True Martial Arts Academy Gear Bag !**

**WOMEN'S KARATE**

Try something that has been around for over 2000 years - Martial Arts.

Everyone can benefit from the study of Martial Arts. The curriculum is based on carefully designed short-term and long-term goals, and creating a positive atmosphere in order to achieve these goals.

☐ ☐ **Improve wellness and health**

☐ ☐ **Increase strength & flexibility**

☐ ☐ **Increase balance and coordination**

**Mondays 6:00pm -6:45pm**

***December 2015***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:45 pm BBC Beginner Leadership Class	2 5 pm Jr. BBC Leadership Class	3 Iaido Class 7:15 - 8:15 pm	4	5
6	7 SHODAN AND ABOVE CLASS	8 7:45 Beginner Weapons	9 5 pm Jr. BBC Leadership Class	10 BLACK BELT WEAPONS 7:15—8:15 pm	11	12
13	14	15 7:45 Beginner Weapons	16 5 pm Jr. BBC Weapons Class	17 7:45 Kobudo Deshi Weapons	18	19
20	21	22 CLOSED CHRISTMAS VACATION	23 CLOSED CHRISTMAS VACATION	24 CLOSED CHRISTMAS VACATION	25 CLOSED CHRISTMAS VACATION	26 CLOSED CHRISTMAS VACATION
27	28 CLOSED CHRISTMAS VACATION	29 CLOSED CHRISTMAS VACATION	30 CLOSED CHRISTMAS VACATION	31 CLOSED CHRISTMAS VACATION	JAN 1 CLOSED CHRISTMAS VACATION	JAN 2 OPEN !