

Choose Love Helped Me Become My True Self

As part of our Authors Tea program at Spaulding Academy, students were challenged to write an original work about this year's topic: Choose Love. We have been implementing Choose Love throughout campus with great success! Rather than tell you how this program has positively influenced our students, we thought we would let a student share their experience! Below please find an excerpt from Stephanie's Authors Tea composition.

Courage doesn't necessarily mean being brave or heroic: it means going out of your comfort zone and doing something you may not want to do.

Being **Grateful** for what you have will help you feel more content with your life. Try changing the words 'I have to' into 'I get to.' Gives you a nice change in perspective, doesn't it?

Forgiving others is key to living a long, happy life. Even if there is someone you REALLY hate that has done something that hurt you, if you don't ever forgive them, you're still giving them power over you. ... Ever since I released all the grudges I've ever had, I have felt amazing! I feel lighter! I've been able to run again! I'm more confident! But most importantly, I'm happy.

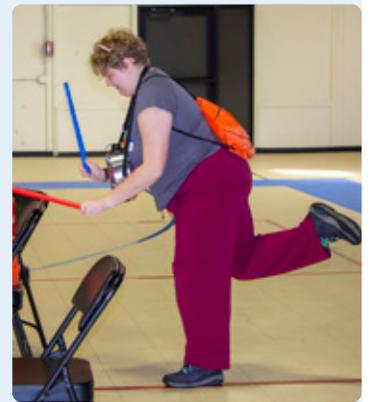
Lastly, but certainly not least, is **Compassion In Action** ... Compassion in action's main core is to be empathetic to others. Say someone is either being teased or is the person teasing. You can try to see things from their point of view and possibly see something you couldn't view before about the person.

Choose Love has helped me start to hone my skill of sort of digging through the surface emotion (what emotion the person is expressing on the outside) to be able to tell their core emotion (the emotion they are hiding that they truly feel). Choose Love has helped me so much in what feels like such a short time. I'm finally able to feel happiness, an emotion I thought I would never be able to truly have.

Ask your child, when and how did you practice Gratitude?

Visit ChooseLoveMovement.org to learn more about the program and character values.

CHOOSE LOVE



You can also [CLICK HERE](#) to sign up for your Daily Dose of Choose Love.

Toilet Paper Roll Turkey

Supplies:

- Toilet paper roll
- Tissue paper of various colors
- Paper plate
- Wiggly eyes
- Orange construction paper
- Glue
- Scissors

Directions:

1. Cut the paper plate in half.
2. Either cut or tear tissue paper into small pieces and using a glue stick, glue onto the plate.
3. Glue toilet paper roll to the center of the paper plate. You can use a glue gun for this step.
4. Glue wiggly eyes to the toilet paper.
5. Fold orange paper in half and cut a small triangle to make the beak. Glue to the toilet paper roll.
6. Cut or tear a small piece of red tissue paper and glue next to the beak for the wattle/gobbler.

Ask your child, what is your favorite thing about Thanksgiving?

FUN CRAFT



Find more easy crafts at theresourcefulmama.com

Fruit Pizza

Try this recipe to incorporate valuable nutrients into dessert.

Ingredients:

- 1 roll (16.5 oz) refrigerated sugar cookies
- 1 package (8 oz) cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon vanilla
- 2 kiwifruit, peeled, halved lengthwise and sliced
- 1 cup halved or quartered fresh strawberries
- 1 cup fresh or frozen blueberries
- 1/2 cup apple jelly

Directions:

1. Heat oven to 350°F. Spray 12-inch pizza pan with cooking spray. Break up cookie dough in pan; press dough evenly in bottom of pan to within 1/2 inch of edge.
2. Bake 16 to 20 minutes or until golden brown. Cool completely on cooling rack, about 30 minutes.
3. In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust.
4. Arrange fruit over cream cheese. Stir jelly until smooth; spoon or brush over fruit. Refrigerate until chilled, at least 1 hour.
5. To serve, cut into wedges or squares. Cover and refrigerate any remaining pizza.

EASY RECIPE



Find more easy recipes at pillsbury.com

PRO TIP: For easier cleanup and removal, line the pan with cooking parchment paper! No need to spray or grease if you are using parchment paper.

Ask your child, which fruit was your favorite?

