



january 2018

COMMITMENT

MEERKAT

COPPER

NEWSLETTER

### **SAY IT:**

**Commitment** is making a plan and putting it into practice.

### **KNOW IT:**

*Ask a kid:*

- Think about a short term goal you have for yourself right now. Brainstorm ways to reach this goal (who can help me with this, what steps do I need to take to work toward this goal, when during my day can I work on this, etc.).
- Do you care for your family pet, keep your room clean, or participate in an extracurricular activity? These are all examples of commitments that you probably already make to yourself and your family.

*Ask a grown up:*

- Have you ever made too many commitments at once? How did you accomplish all of these goals? Was it difficult to prioritize your plans?
- How does it feel to follow a plan all the way through?

### **SEE IT:**

Search, <http://www.olympics30.com/30greatest/bonnie-blair-speed-skating.asp>. This is an incredible story of a woman whose goal to become an Olympian was reached through planning, hard work and commitment. Bonnie Blair is one of the top skaters of this century and has competed in 4 Olympic games earning numerous medals. She committed to the goal of becoming a professional skater at a very young age and made sacrifices and worked hard to obtain her goal. Now she is a motivational speaker and works with numerous charities to give back to her community and the world.

### **BE IT:**

At the beginning of each week this month, sit down with your family and discuss the commitments each family member has for the week. This might look like a list of chores, practices, volunteer opportunities, job responsibilities, date nights, etc. At the end of each week sit down again and evaluate the week. Did everyone follow through with their commitments? Discuss ways to re-commit to a goal if a plan was not followed the previous week.



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Watch the BIG IDEA Experience this month with your kids as Artie and his friends learn about making a plan and putting it into practice!

***CLICK HERE TO WATCH!***