



BEAR

Stand up for yourself

BEAR SAYS: This is a time to stand up for yourself and trust your instincts. Be brave when facing others who don't approve of you or don't like what you have to say, especially when you express something you truly believe in. It's not about you being right and making the other person wrong, but about trusting in what you believe. Although it's nice when others agree with you, it's not necessary that they do. However, it is necessary to treat them with respect, no matter what.

Standing up for yourself is different from taking a stand against someone or something. It takes

courage to do so, but it also takes courage to know when to let go and when to compromise. When in doubt, ask a trusted adult, such as a parent or caregiver, to support or guide you in how to handle the situation.

ACTIVITIES

- The next time you feel uncomfortable with what someone wants you to do, and you'd prefer not to do it, respectfully say, "No, I'd rather not."
- If there's a cause that you feel strongly about, such as helping animals, plan out what you want to do about it, and then do it.
- Whatever the rules are at your home, such as not being allowed to watch movies that are more than G- or PG-rated, follow those rules when you're out with friends or at a friend's house, no matter what kind of pressure you feel from your friends.



BEAVER

Do your chores

BEAVER SAYS: You might have heard the expression “busy as a beaver,” but I’m telling you we’re not always that busy. I get things done as quickly as possible and try to do my best when I have some jobs to do. I don’t think of what I do as a chore, but as my way of making important contributions to my family, friends, and community.

So, today, check with your family or friends to see if there’s anything they want you to do. Then do what they’ve asked, do your best, and try not to look at any of these tasks as a chore. Instead, think about how good it feels to help someone else out, even

with easier chores like taking out the trash or drying the dishes. There are a lot of ways you can help out, especially at home, by doing different jobs — and doing them with a smile.

ACTIVITIES

- Look around your house and find one or two chores you can do that contribute to the upkeep of the home and do them before you're even asked.
- Finish something you started but had put aside, like writing a story or doing an art project.
- Whenever you are doing any of your chores, try to do them graciously and with a slight smile on your face, knowing you are helping others.