



Using Our Words

WINTER 2023

NEWSLETTER

ISSUE 59

LETTER FROM ELLIOTT

Year-end is a time of continuous self-reflection and appreciation. Thanksgiving reminds us to be grateful, while December's holiday season prompts us to appreciate our loved ones. Immediately afterwards, January charges us to make resolutions to enhance, improve and recharge our lives.

This season is especially meaningful to me after experiencing an accident that required over a month of treatment. I am still recovering, but getting through this time by approaching it with excitement, taking this even as a signal to make change and enter a new phase of life. By sharing my resolutions, I hope to inspire yours:

1. Handle situations with grace and avoid pettiness.
2. Realize that as I grow, those around me may not, and I need to act as an example.
3. If things don't go my way, there's always another opportunity, game or event where I can try again.
4. Move past obstacles without getting stuck in them.
5. Relax, enjoy life and let things go.

I now live with visible scars, but we all have scars. They are part of our story, just as every experience is part of our growth process to get where we're meant to be. For me, erasing those scars would be akin to opening a book with blank pages. I'm grateful and don't regret the journey including the messy or unattractive parts. I encourage you all to embrace your messy scars and not to be afraid to tell your story.

From all of us at Elliott's Classes, thank you for being on the journey with us. We wish you all fulfilling, perfectly imperfect holidays and a Happy New Year!

*Happy
New Year
2024*



FOR GIGGLES

Ella (age 6): Who's sparkly phone is that?

Elliott: Mine! And, my other phone is pink.

Ella: Pink is for girls!

Noah (age 6): That's gender profiling.

ELLIOTT'S TIPS

As an avid pickleball player, I admit to not always taking the game seriously when matched against a weak team. A newer player, however, shared that if I don't work to my potential, she can't grow. It reminded me to follow my own tip: It's not what you do when people are watching—it's when you don't think they're watching that it matters most. Your children are watching, even when you think they aren't!

WINTER BAKING

Baking is the perfect activity when temperatures dip. Get kids involved in everything from choosing the recipe to shopping the ingredients. The process teaches them kitchen science, while learning to follow instructions, understanding where food comes from and the importance of patience. Bag up the extras, tie them with bows and deliver your treats as holiday gifts to friends and family!



PIC OF THE MONTH

First steps in our gym is why we do this!

#makingmilestones

To submit your own picture of the month, email us at elliottsgymnastics@gmail.com