



Using Our Words

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NEWSLETTER

ISSUE 57

LETTER FROM ELLIOTT

Welcome to 2023! The New Year can bring pressure to feel ambitious and strive to want more. It can be equally brave, however, to say, “I am content with where I am today.” Don’t feel pressure to set goals and resolutions. Look around and appreciate your blessings. Chasing the next big goal may inadvertently impede you from enjoying all that you already have.

Honor yesterday as it was part of the journey, but look towards the future as a blank canvas. Both small and pivotal moments work in tandem to push us onto our path. Oftentimes we have expectations of how the future should play out, but it hasn’t yet been written and it’s not a promise. Surprises and circumstances can interfere - burgeoning baseball stars have injuries, promising math students choose to pursue the arts, and dedicated city dwellers end up living on a farm. Ultimately, our vision for the future can be easily erased and rewritten. Apply that knowledge to your parenting style. Nurture your children in a positive direction that fulfills their own needs without imposing your expectations.

In Elliott’s Classes, we teach children with an individualized approach. By looking at each student through their own lens, we create a personal program that gives them the confidence to be successful. For some, that’s doing a handstand, but for others it’s about finding the confidence to just join group. Not everyone in the same class has to be on the same page to find success.

This winter, we encourage you to find your own success through goals that inspire you. You don’t have to set lofty goals and run three miles each day, but you do have to aim to move your body on a daily basis. In this issue, we encourage you to find joy through the silly things kids say, be playful with movement and discuss hard things.





FOR GIGGLES

Elizabeth: I'm 5!

Coach Aria: You're 5 now?!?
My goodness!

Elizabeth: Well, I'm 4.5, but
5 means 4.5 in French.

ELLIOTT'S TIPS

While children may exhibit a behavior, it doesn't define them. They may "lie," but it doesn't make them a liar. When they act in a way we don't expect or anticipate, that behavior does not dictate their path. It's an opportunity to have a discussion. In the case of lying, that conversation is about how we establish and rebuild trust. There is hope in the knowledge that your child's future has not yet been written. Their actions, both good and bad, represent an opportunity to learn.

COACH'S CORNER

Don't let the winter cramp your style! When it's too cold for a real field trip, we take a fun, imaginary trip to the zoo to keep moving. Channel these animal moves in big or small places - or get creative and make up your own!

1. **Bear Crawls:** Crawl around, using your hands and feet.
2. **Hippo Rolls:** Roll sideways on the floor - don't forget to mind your neighbor.
3. **Bunny Hops:** With feet together, hop, hop, hop and stay out of Mr. McGregor's garden!



PIC OF THE MONTH

Welcome to the
upside down.

To submit your own picture of
the month, email us at
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