



Using Our Words

MAY/JUNE 2021

NEWSLETTER

ISSUE 48

LETTER FROM ELLIOTT

This spring is particularly significant as we not only revel in nature's annual rebirth, but also collectively celebrate in the reopening of our beloved NYC. As the city blooms around us, we are eager to return to old traditions, shedding the remnants of 2020 like a bad dream. As we begin to enjoy a semblance of normalcy, however, I urge us not to rush back into old routines without consciously observing how grateful we are for their return.

There were positive patterns that we integrated within our lives this past year. Absorb these lessons with your children as we guide them through this next phase. Hang on to certain pandemic traditions like eating together as a family and taking walks, while consciously choosing to appreciate mundane small moments like live interactions with friends and family, going to the playground and eating at a restaurant. When people inevitably frustrate you, remember when you couldn't see them and savor the ups and downs of true, meaningful interactions.

It's also okay to recognize that many of us have fatigued of our own family units after spending so much time in a silo. Everyone will benefit from the opportunity to go back out into the world untethered by some of the constraints imposed by 2020. Enjoy that time and use it to recharge.

Here at Elliott's Classes, we are celebrating spring with our "Spring Awards" show from May 24-28. During these ceremonies, we are honoring the fact that our children showed up to class this season and whether they laughed, cried, excelled or simply observed, they all exhibited personal growth and earned individual accomplishments. We are also excited to partner with Moosiki Music this summer for music in the park. Visit <http://www.moosikikids.com> to learn more!

The world is opening and each day offers so many options. We are so excited to play, leap, flip and just be together - and we strive to do it all consciously!





FOR GIGGLES

Aria: Nice Boaz! Let me see a hee-haw!

Boaz (age 3): I...I can't. You're too loud.

Aria: Oh sorry... (whispering), Can you do a hee-haw?

TESTIMONIAL

"We're heading out on a road trip and my mind is wandering as I'm looking out the window and listening to music. A song put you in my head. You've been such an important and pivotal part of my kids' childhood and my time as a mom of young kids. You taught them and me so much and coming to see you was the highlight of our days back then. Thank you so much for everything - your friendship, humor and knowledge. ♥"

LESSONS FROM THE FARM

The earth around us is embracing spring as nature begins thriving, opening and experiencing its annual rebirth. It would be easy for us to close our eyes and settle deeper into the cocoons that have become our new normal. Fight against this instinct despite any discomforts, inclement weather or other excuses that the mind creates. Enjoy nature and become a witness to the world's reopening.



PIC OF THE MONTH

Noah, in Ninja class, is poised to spring into action!

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