



“Life is really simple,
but we insist on
making it complicated.

~ Confucius

I have a simple
philosophy: Fill what’s
empty. Empty what’s
full. Scratch where
it itches.

~ Alice Roosevelt
Longworth

There is
nothing permanent
except change.

~ Heraclitus

If you cannot do great
things, do small things
in a great way.

~ Napoleon Hill

A day without laughter
is a day wasted.

~ Charlie Chaplin

You are never too old
to set another goal or
to dream a new dream.

~ C. S. Lewis

By failing to prepare,
you are preparing
to fail.

~ Benjamin Franklin



The Benefits of Exercise

Why do you exercise? Is it to lose weight, to build muscle mass, or to increase your cardiovascular health? While these are all great incentives, there are many additional benefits. Too often, we focus on specific goals, and we overlook the gradual, positive changes that occur when exercise is part of our routines.

Improved mood — Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can help alleviate symptoms among the clinically depressed.

Reduced stress — Exercise can increase norepinephrine, a chemical that helps manage the brain’s response to stress. Working out can reduce stress and boost the body’s ability to deal with existing mental and physical pressures.

Improved brain power — Various studies have shown that cardiovascular exercise can create new brain cells and improve overall brain performance. This can help you with better decision making, higher thinking and learning.

Reduced physical effect of aging — Exercise may actually work on a cellular level to reverse our aging process according to a 2010 study from the University of California — San Francisco. Researchers found that stressed-out women who exercised for an average of 45 minutes a day over a three day period had cells that showed fewer signs of aging compared to women who were stressed and inactive.

Improved immune system — Doctors have found that exercise can strengthen your immune system by boosting the cells in your body to help fight off diseases — even something as common as the cold or flu.

Finally, having a regular exercise routine can be contagious. Studies have shown that, when you exercise, your friends and family are more inclined to get in shape as well. So, just by working out, you may encourage



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Rachel Dahlem-1

Tristan Frisk-3

Ryan Dixon-3

Christopher Johnson-6

Myscha Cooper-7

Kaiden Gomez-7

Christine McClure-7

Brandao Procell-8

Abbie Hooper-10

Alexis Grayson-10

Shania Newsome-13

Savan Allemond-13

Hayden Randolph-13

Chris Berridge-14

Ellie McClure-14

Gabrielle Juniel-15

Cody Fuller-17

Garrett Lambert-17

Aurora & Sebastien Barrientos-18

Jude Shillings-19

Gina Dowdy-19

Raliyah Price-20

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Jayden Schamel-26

Christian Bird-26

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Bennett Brownell-28

Jeremy Morgan-28

Geralyn Walker-28

Jorge Taylor-29

Cassidy Burrell-30

Shaniya Spivey-30

James Rothenberger-31

Upcoming Events:



It's never too late to:
Do a class with your child

Mom's Workout
Friday, May 8
5:30 PM

MAIA
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Teen & Adult

SELF-DEFENSE SEMINAR

Giving you the skills to feel confident!

Saturday, May 9
11:00 AM-1:00 PM

MAKE UP CAMP
SATURDAY, MAY 16 10 AM-2 PM

Mom's Da Bomb Specialty Week
May 11-15



TEAMWORK

Young students: Together, we get the job done!

Older students/teens/adults: Working together as a group to achieve a common goal.

TEAM: Together Everyone Achieves More!

Dear Dr. Robyn,

My daughter is on a team that has some girls with a lot of talent but they don't tend to win...If I'm being honest, there is one real "star" to the team but she somehow makes the team do worse than better. She's talented but not a team player. I help out with the team and they've asked me what to do. Any ideas?

-- Mel T; NC

Dear Mel,

Creating a great team is so much more than putting together talented individuals. The overall success of a team is contingent upon character not just know-how.

When we construct a team, we want members who are going to be team-oriented; those who work together to compound strengths and round out weak spots, those who challenge but don't undermine and those who pull the team together rather than segmenting or creating a toxic environment. After all, this is what it means to be a team player.

Being team-oriented is necessary for children's teams as well as adult teams. According to Jay Hennessey, Commanding Officer of Basic Training Command, this is even true when choosing the right person to become a Navy SEAL! When asking a senior officer for feedback on this issue, he replied; "I don't really care how fast a guy is on a four-mile

run or two-mile swim as long as he is fast enough. I want to know if he is going to be a good team-guy. Will he have my back? Can I trust him?"

How do we create teams that work?

(1) Focus on strengths:

Encourage the team to name and recognize each team member's strength. What does each person bring to the team? While some strengths might help create more wins, other strengths might increase morale. Each strength is important. How can each strength contribute to the success of the team? How must the team adjust to utilize each strength?

(2) Name the toxin: If a team has talented individuals who don't work together as a team, back up. Relay to the team; "each member of the team needs to be a person of character, competence and contribution. How are you showing these three Cs? If someone is not showing character and being a positive part of the

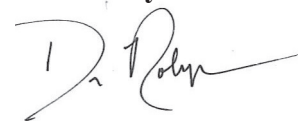
**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

<< Paraphrased from a message; with permission

team, let that person know what you hope to see and give him/her a chance to demonstrate it.

(3) Cut ties: Sometimes, when a team member is unwilling to change and become team-oriented, we need to part ways. Talent is simply not enough. Does this person put the good of the team or the good of him or herself first? The answer will surely help you to make the right choice.

Here's to your success!



TEAMWORK

Young students: Together, we get the job done!

Older students/teens/adults: Working together as a group to achieve a common goal.

T.E.A.M. means Together Everyone Achieves More!

- WEEK 1** Teamwork defined: What is a team? What is teamwork?
- WEEK 2** Success & failure: How does sportsmanship and effort affect teams?
- WEEK 3** Leadership, strengths & lessons: How can I contribute & learn from the team?
- WEEK 4** Disagreements & compromise: When should I stand up vs stand strong together?



Dear Family,

This month we will focus on the powerful word; “teamwork.”

When a team works together, great results can be expected. Successful teamwork can shorten the time, divide the effort, and increase the morale of a group that is working towards a common goal.

Great teams accentuate strengths, compensate for weaknesses, and bring out the best in every member. Goal-getting just seems easier. Perhaps that’s why T.E.A.M. is said to stand for “Together Everyone Achieves More” or sometimes even “Together Everyone Achieves Miracles.”

We want all children to learn about the benefits of teamwork and effective teams. Of course, all teams do not guarantee the production of teamwork

nor do they always guarantee success. Sometimes teams can house toxic members, poor management or a negative culture.

Therefore while we must teach children the many positive functions of teams, we also must teach them when to speak up and challenge the culture of the team. Speaking up can be tough for anyone, especially children who just want to be accepted. Yet, this is a necessary practice for leaders.

Studies tell us that youth sporting activities tend to build initiative, teamwork, and ability to regulate emotions-- all vital skills that can serve them in future leadership roles. A study out last month shows that a simple game played together in sync on a computer led 8-year-olds to report a greater sense of similarity and closeness immediately after the activity

(PLOS ONE, Apr 2015).

“Synchrony is like a glue that brings people together,” says author Tal-Chen Rabinowitch. Synchrony occurs when people interact together in time. It’s a fundamental prerequisite for activities such as playing music, singing, dancing and rowing. We often see synchronicity in our own classes! We are thrilled to provide opportunities for students to exercise teamwork.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

*—Your Motivated and
Dedicated Instructors*

UPCOMING POWERFUL WORDS

- | | |
|---------------|-----------------|
| JUNE | Trustworthiness |
| JULY | Perseverance |
| AUGUST | Courtesy |

Let's Craft!

The popularity of do-it-yourself arts and crafts projects has soared in the last few years. These days, you can learn how to create entirely homemade, completely personalized gifts in just minutes. The arts and crafts projects below are simple, fun ways to spend some time making special gifts with your children.



Suncatchers

Materials:

- white glue
- food coloring
- toothpicks
- plastic lids (from yogurt, sour cream, whipped cream)

Directions:

1. Pour a generous amount of glue into the plastic lid. Make sure the whole surface is covered.
2. Put a couple drops of food coloring into the glue. Use as many colors as you would like and make sure the drops are spread out.
3. Use a toothpick to swirl the colors around, making sure the colors don't get too mixed up.
4. Let dry. (This part could take a couple days, depending on the amount of glue used)
5. When dried, peel your suncatcher off the lid, punch a hole in the top, add string, and hang in a sunny spot.



Tissue Paper Painting

Materials:

- Canvas or white construction paper
- multicolored tissue paper
- paintbrush or a spray bottle of water

Painting can be an incredibly messy endeavor, especially at home. Paint using water and tissue paper instead for an easier alternative.

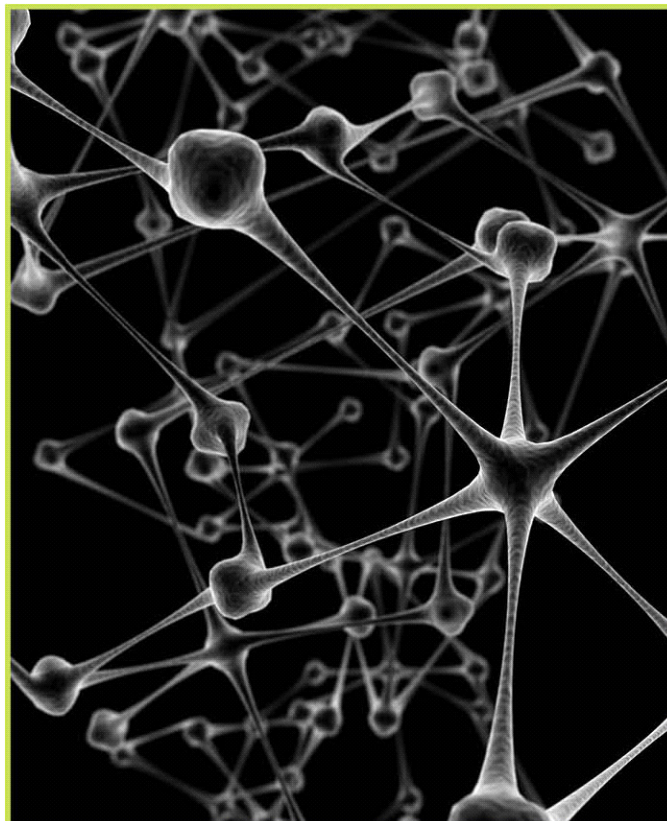
Directions:

1. Prepare tissue paper by cutting it into pieces. There is a lot of freedom here. You can cut the paper into random bits, strips, or specific shapes. Get creative!
2. Prep your canvas by painting or spraying it with water. You'll want it to be damp to the touch.
3. Place the tissue paper onto the canvas. Lay it out carefully in patterns and designs or go color crazy!
4. Let your canvas dry, and remove the tissue paper to unveil your creation!



Your Amazing Brain

The brain has a huge job, and it's not just thinking and creating. It controls our conscious and unconscious activities and is active 24-hours-a-day, seven days a week. It's also responsible for all of our motor functions, including movement, balance and breathing. Our brains are constantly absorbing, processing, storing and recalling information thanks to the millions of neurons that communicate with each other non-stop.

Our brains are hard-wired to work constantly, without our awareness. Scientists and doctors have studied the human brain for decades and still understand very little about its complexity. One of the most impressive facts about our brains is their ability to compensate for an injury or loss. If the developing brain of a young person is permanently injured, it is possible for other parts of the brain to take over some of the tasks that once belonged to the damaged area. This is because several of the brain's pathways perform similar functions.



May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 CINCO DE MAYO			1 ITC #4 ICC #5	2 New Student Orientation
3  HAPPY MOTHER'S DAY!	4 May the 4th Class	5 Cinco de Mayo Class	6 Wear pink day	7 Wear pink day	8 Mom's workout ICC #6	9 Mom's self defense class
10 Mothers Day Mom's Da Bomb specialty week	11	12	13	14	15 ITC #5 ICC #7	16 Armed Forces Makeup Camp Bossier Grad Day
17	18	19	20	21	22 ICC #8	23 Teacher self- defense workshop
24	25 CLOSED Memorial Day	26 Summer Camp Adv/BB run Boss	27	28 Adv/BB run Haughton Ms. Geralyn BD	29 ITC #6 ICC #9 Buddy Day	30 BBC event Instructor work- shop Ms. Cassidy BD
31		