

# GIRLS WITH PEARLS

*Denton Lady Admirals - May, 2023 Newsletter*



*Girls with Pearls*

DENTON LADY ADMIRALS  
EST. 2023



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## OUR PURPOSE

*Encourage girls to practice personal responsibility, empathy, awareness, respect, leadership and scholarship*

## MONTHLY ACTIVITY

Personal Responsibility:

- Write at least five things you could say to yourself when you are tempted to act irresponsibly. Explain the meaning and significance of each.



## UPCOMING

## EVENTS

## UPCOMING...

*Upcoming events and/or skills to continue practicing at home will be listed here. We will also focus on community service projects and team building activities. Prominent female members of the community will be invited to speak on occasion.*

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## PERSONAL RESPONSIBILITY



*A big part of learning to be responsible is learning to take ownership over your actions. Teens may struggle with feelings of frustration or even struggle to follow their peers instructions, but this is a teachable moment for them. As the teacher, we can model appropriate behavior for dealing with frustration and how to appropriately voice those feelings.*

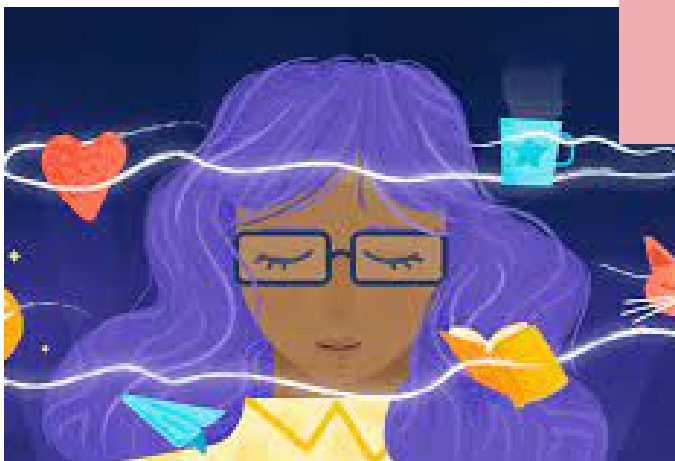
## EMPATHY

*Kindness and empathy are important in fostering emotional intelligence. Children (and adults) are more likely to be engaged and involved in something they helped create or develop (Dirks, Cummings, & Pierce, 1996). With this concept in mind, brainstorming ideas on how to be kind as a class should instill a sense of ownership in kids that helps them feel excited about practicing kindness.*



## AWARENESS

*It is crucial that every child learns how to be safe, confident, and independent. We will prepare our ladies to be independent in teaching them how to have good situational awareness and how to present themselves in public.*



# RESPECT

*Teenagers may face peer pressure, cut-throat competition, body-image issues, high parental expectations, and other pressures that may have long-term psychological impacts. We will focus on activities to improve self-esteem and self-respect in our lady admirals. Building a teen's self-esteem can require consistent effort over time and use of skill-building exercises can make a powerful contribution.*

# LEADERSHIP

*Character and leadership activities for youth are important to help teenagers reach their personal goals, keep them motivated, accountable, and confident. A special focus on leadership training can truly make kids blossom outside of school environments and get them out of their comfort zones, where they'll experience the most personal growth.*



# SCHOLARSHIP

*Learning how to set goals in school and seeing goal setting modeled by peers and teachers is a great way to encourage effective goal setting in children. Setting goals is a vital practice that can benefit anyone with a dream or a vision for their future. Young people who are just starting out on the grand journey of life are at a particularly opportune time to start building their goal setting skills—not only will these skills serve them throughout their lives, but building them now will help them mold their future into one that they desire (Ackerman).*

