

Elementary Version

Famous Persons / Wilbur and Orville Wright

Did you ever wish you could fly?

You're not alone; in fact two famous brothers Wilbur and Orville Wright dreamed about flying so much that they did nothing but experiment with making flying machines.

Amazing in 1903 their dreams became true and "the Flyer," took off and flew for 120 feet. Every airplane and jet we have today is here only because of the Wright brothers. Their dream changed history.

Because of the Wright brothers you and your family can be half way around the world in a few hours. You meet different people, hear a new language and hopefully learn something.

What do you dream of inventing? Hopefully you are dreaming big because it's the dreamers of the world who give us great things.

Don't be afraid to dream, who knows where it will take you. It's hard work but only you can do it.

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Science Tip / Universal Rules

Have you ever kicked a wall and hurt your foot?

I bet you didn't know it but when you kicked the wall it kicked back, that's why you hurt your foot. This is one of Sir Isaac Newton's laws of motion.

It's a simple law that says one force always results in an equal force back. You know if you think about it this law can be used everywhere.

If you are mean and call someone a name, something will happen. You might get in trouble, you might lose a friend, or you might even feel bad.

It's important to know there are universal laws like the law of motion because it can help guide you. A universal law means it's for everyone and everything.

Today before you do something mean think about else might happen. It's hard work but only you can do it.

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Inspiration / Potential

Have you ever looked closely at an apple seed?

You can't see inside but that tiny seed holds a lot of information. If you plant the seed it could grow into an apple tree and that tree will have hundreds of apples. Imagine one seed can do all that.

There's not an apple seed inside each one of you but something much greater. It's called your potential and that means what you can become. And for each one of you that potential is great.

Today think about the greatness inside you, it's just waiting to grow. It's hard work but only you can do it.

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Social Tip / Are you a Queen Bee?

Do you know what a Queen Bee is?

If you call a girl a queen bee it means she's the boss of the group. Sometimes the queen bee is a mean boss, telling everyone what to do and who to be friends with.

In the insect world a queen bee is not the boss. She watches over her hive and making sure all the bees are safe and happy.

A real queen bee should be kind and not mean. Next time you're on the play ground watch and see what kind of queen bees are in your school.

Maybe they can learn something from the insect world. Honeybees live in perfect harmony and cooperation with each other. That's another way to say they are nice.

Today do what's nice. It's hard work but only you can do it.

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Health Tip / Happy H₂O

What's the best drink for you?

If you said water, you would be right. Water keeps your brain healthy. Did you know that your brain is 75% water and if it's thirsty you will work slower.

Today make sure you drink plenty of water. Here's a tip you can do today in school or maybe take home. Find out how much you weigh and divide that in half, that's how many ounces of water you need to drink. A big glass of water usually has about 8 ounces. You might need some help with this but once you figured this out you can make sure you drink enough water ever day.

Today be smart – drink water. It's hard work but only you can do it.

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Success Tip / Win – Win Thinking

Do you feel jealous or sad when a friend tells you about their birthday party or some other fun thing they did?

It's easy to feel that way but when you do it's like stealing someone's happy feelings. The other person knows it and all you get is to feel bad.

There's a better way. When someone tells you about their good time, celebrate it. Because when you do good energy will come back to you. It will fill you up and open your heart.

Try it. Every one of you is like a star just waiting to shine, when you shine you light someone else's star. Today share the joy. It's hard work but only you can do it.