



# Inner Strength

*"Strength does not come from physical capacity. It comes from an indomitable will."*

## Dear Parents and Guardians,

This month we will be discussing inner strength in our classes. Inner strength can be shown in many ways, including by being

grateful, giving, caring, and trustworthy, to name a few.

"Life is finite, while knowledge is infinite." Zhuang Zi

With knowledge comes inner strength, and when being open to knowledge, a person can build his or her inner strength and character.

### How Can You Help?

Assign chores to your children or have them help you do daily tasks around the house. Help them understand gratefulness and what it takes to maintain their possessions to keep them safe and clean. Children must understand they need to be responsible for the things they have. This helps a child be grateful.

Each year, go through your children's toys and clothes with them and see what they have outgrown or no longer use. Have them donate their items to children who are less fortunate. The act of giving not only builds inner strength, but also makes them feel good about helping others.

Show your children you appreciate them. As their parent or guardian, when you show your children that you care for them, they are learning from you how to care for others. Caring builds inner strength.

Inner strength is based on character and values. Being honest instills good ethics in children. Listen to your children and allow them to tell you anything, without reacting negatively, so you can work on a solution together. Not only will they learn honesty, but will most likely take responsibility for their actions as they continue to grow.



## This month our weekly lessons will cover:

### Week One:

"If you learn to appreciate more of what you already have, you'll find yourself having more to appreciate."  
— Michael Angier

### Week Two:

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."  
— Kahlil Gibran from *The Prophet*

### Week Three:

"A smile is the light in your window that tells others that there is a caring, sharing person inside."  
— Denis Waitley

### Week Four:

"As soon as you trust yourself, you will know how to live."  
— Johann Wolfgang von Goethe from *Faust*

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