

## Knowledge OCTOBER 2025



### SAY IT:

I can discover and explore new things.

### KNOW IT:

#### **FAMILY DISCUSSION TIME**

- Share about something that you feel you are an expert on.
- What is something you feel like you want to learn more about and why?
- How do you like to discover and explore new things?

### SEE IT:

Have a special family game night where everyone learns a new card or board game together. Choose a game that's simple enough for your preschooler to enjoy but fun for the whole family. Read the instructions as a family and talk through the rules step by step. Let your preschooler help set up the game pieces. As you play, explain that games often involve strategies like making smart choices, watching what others do, or planning ahead. Ask your child simple questions like, "What should we do next?" or "What do you think will happen if we do this?" Throughout the game night, celebrate effort, teamwork, and having fun together. After playing, talk about what you enjoyed, what you learned, and how it felt to try something new.

### BE IT:

As a family, choose a new recipe to try together this week, perhaps a traditional dish from another country or culture. Explore international cuisine by visiting a nearby global food market, where you might discover fruits and vegetables that are new to your family. Make it a fun family outing to explore the unique sights, smells, and flavors. Encourage one another to be adventurous and try something new, even if it feels a little outside your comfort zone!

## PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

**The more you know them, the more they will...**

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

**So don't miss it.** The better you understand who your kids are now, the better they'll understand who they're meant to be.