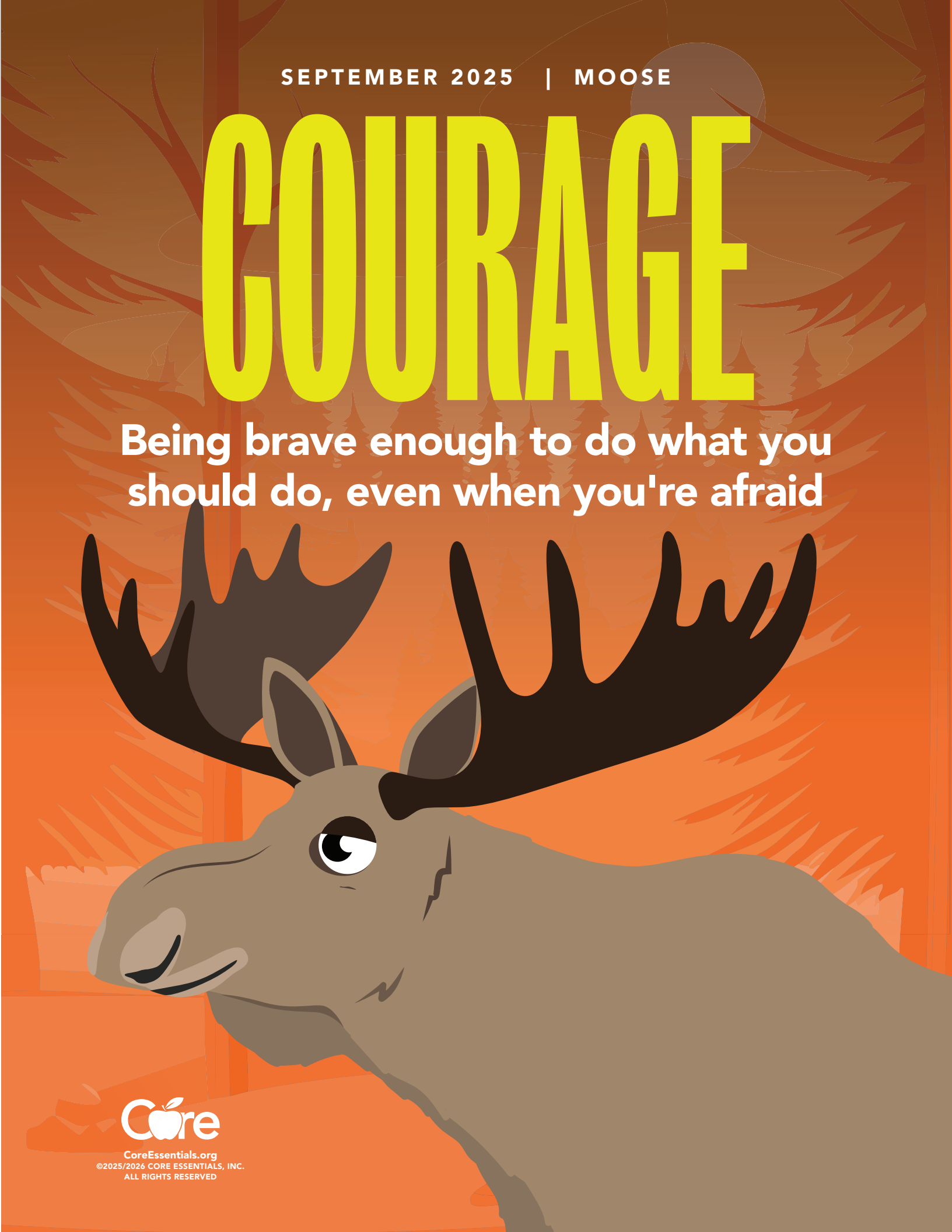
SEPTEMBER 2025 | MOOSE

COURAGE

Being brave enough to do what you should do, even when you're afraid



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NEWSLETTER

Courage
SEPTEMBER 2025



SAY IT:

Courage: Being brave enough to do what you should do, even when you're afraid

KNOW IT:

ASK A GROWN-UP:

- Share a time in your life when you chose to have courage, even when things seemed hard.
- Talk about a time when you wish you would have had more courage in the face of a hard situation.

ASK A KID:

- When was the last time you had courage and did something hard?
- Can you think of a friend or family member who has shown courage?

SEE IT:

Take a few minutes and watch "Have Courage and Be Fearless" by *RocketKids*.
https://www.youtube.com/watch?v=o1CxKPrK5GY

In this episode of *RocketKids*, Vivian shares some of the things she is afraid of and how to have courage to face her fears. Throughout the video, she repeats the mantra, "Take that fear, get outta here, I got this." Take some time with your family to practice this mantra, or come up with your own to help you remember to have courage in the face of fear.

BE IT:

Discuss different situations when it may be difficult to have courage in the face of fear. Do some role-play activities for these situations. Act out how you can have courage to meet a new student at school, give a speech in front of your class, try out for a sport, or give a performance. The more you practice having courage, the more you will be able to say to your fears, "Take that fear, get outta here, I got this."

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NEWSLETTER

PHASE

Courage
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At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!

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september 2025

COURAGE // **MOOSE** // PERSIMMON

What kind of deer can weigh 1500 pounds, stand as tall as a grown man at the shoulder, and sport a 60-pound antler spread of up to six feet across? The mighty moose! Moose are mostly solitary animals, and they flourish in cold, difficult environments.

These majestic ungulates came to North America from Asia about 14,000 years ago at the end of the last ice age, before the Bering land bridge became submerged. Their wide hooves act like snowshoes in the winter and give them traction in mud in the warmer months.

Moose become stressed in heat, and they might be found cooling off in a river or lake when temperatures climb. They are strong swimmers. A moose can swim up to ten miles at a time and stay submerged under water for 30 seconds.

As herbivores, these giants survive on twigs, branches, leaves, and bark. They eat a lot of them – up to 70 pounds in a day. Favorite flavors include willow, aspen and balsam fir, and they also munch on aquatic plants in streams and ponds.

Large as they are, moose are susceptible to illness or loss of life from two tiny parasites – ticks and worms. Warming temperatures have made these challenges worse in recent years. If moose remain healthy, however, these resilient animals live 10 to 20 years in the wild.

While they might seem docile, a moose will quickly defend itself if threatened. As a warning to a would-be opponent, a bull moose might raise its mane and lower its antlers. Size doesn't slow them down, either. An adult moose can sprint up to 35 miles per hour, or travel 20 miles an hour for longer distances.

***COURAGE:** Being brave enough to do what you should do, even when you're afraid*



Thriving in harsh environments is part of daily life for a moose.

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september 2025

COURAGE // MOOSE // **PERSIMMON**

Warm and earthy, persimmon brings the power of red and the vibrant energy of orange. Named for the fruit native to China and India, which is sweet but with an acidic tang, persimmon embodies energy and good health. It ranges in tone from soft to intense. The richest tones suggest creativity and spontaneity and can be too strong for some tastes. Persimmon adds warmth and flair to fashion and home décor. It is considered lively and uplifting and can promote playfulness.

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