MARCH 2026 | BLUE WHALE

HUMILITY

Putting others first by giving up what you think you deserve



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NEWSLETTER



Humility
MARCH 2026

SAY IT:

Humility: Putting others first by giving up what you think you deserve

KNOW IT:

ASK A GROWN-UP:

- Tell me about a person you know who has shown humility.
- What are some ways you have tried to put others first in your life?

ASK A KID:

- Can you think of any of your classmates who demonstrate humility?
- What are some ways you can show humility at home or at school?

SEE IT:

There are many great examples of people who have displayed humility throughout history. One great example is a lady named Mother Teresa. Mother Teresa was a Catholic nun who dedicated her life to serving "the poorest of the poor" in Calcutta, India. Not only did she personally serve this community, she also founded the Missionaries of Charity and empowered many others to serve with humility, as well.

Watch this short biography about Mother Teresa and learn more about how she put others first: https://www.youtube.com/watch?v=mzH13X88kbM

BE IT:

Talk about some other great leaders who showed humility by putting others first. Set a family goal to do something in the community to help someone in need. Reach out to a local non-profit organization or the school counselor to find out how your family can serve others in need and demonstrate humility.

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NEWSLETTER

PHASE

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It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.

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HUMILITY // BLUE WHALE // BUFF

Forget the dinosaurs – the largest animal ever to roam the planet is still with us. Blue whales swim in all oceans except the Arctic. Their name comes from their mottled blue-gray coloring, and each whale has its own unique pattern.

Females are larger than males, and all have a slender-looking shape, despite their huge size. Antarctic blue whales are the largest subspecies, reaching up to 110 feet and weighing more than 300,000 pounds. As baleen whales, blue whales eat krill – up to six tons a day in the summer, filtered through bristles growing from the roof of their mouths.

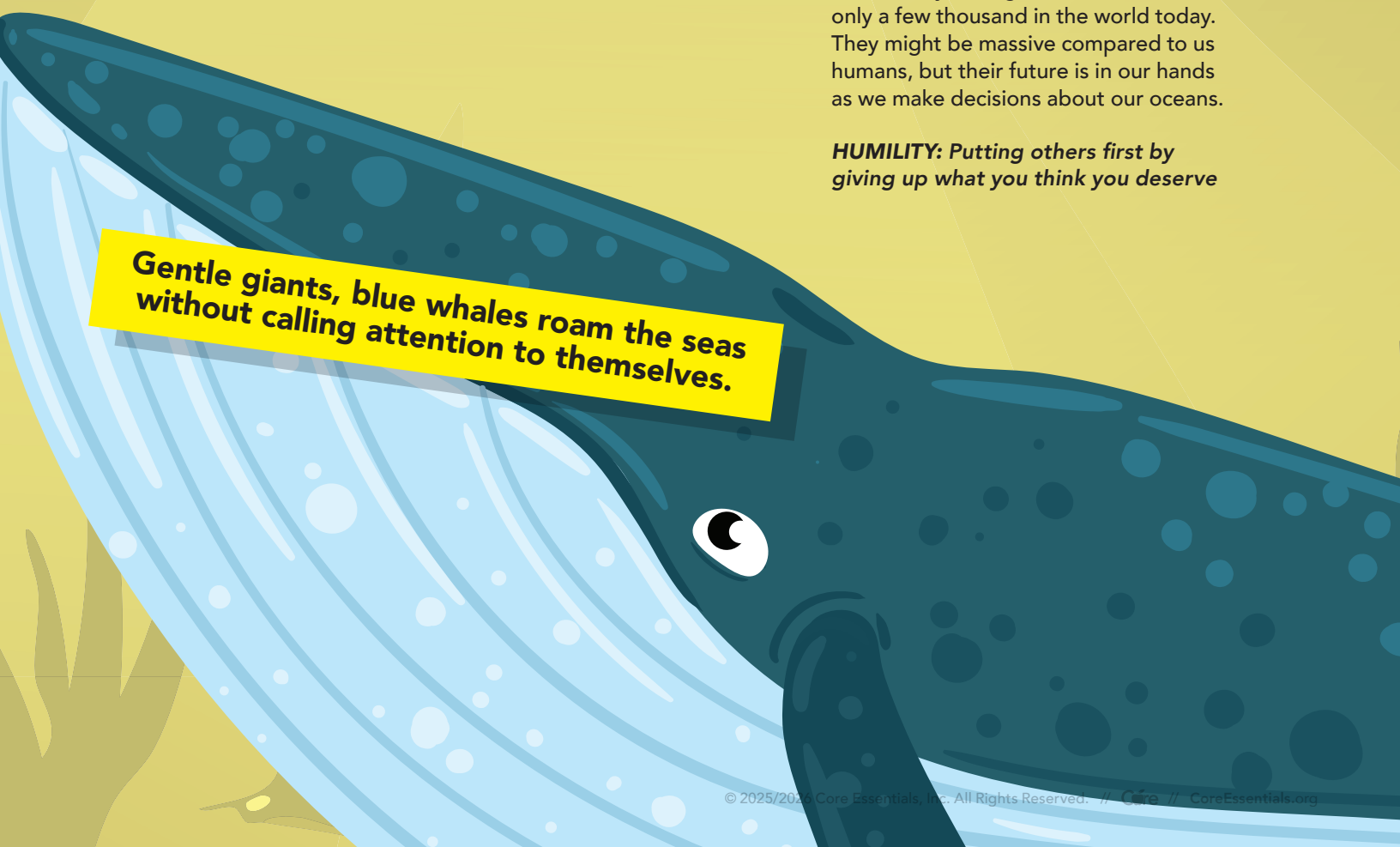
Scientists have much to learn about these deep-diving wonders of the ocean. It is believed they produce young every two to three years and live to be 80 or 90 years old. From December through March, researchers see calves in the Gulf of California. Many blue whales make huge migrations, while others are homebodies.

Blue whales can stay underwater for up to an hour, and they have extremely efficient lungs. They have two blow holes. A blue whale's strong heart is the size of a mini car.

Whales communicate in song and sound. Blue whales are loud – their hello is 188 decibels strong, which is louder than a jet engine. Don't cover your ears, though, as these sounds are too low for humans to hear. But other whales can – even 1,000 miles away! If you were a blue whale standing in the center of the 48 contiguous United States, in Lebanon, Kansas – unlikely – you could hear your friend calling you from Phoenix, Arizona.

Blue whales were almost hunted to extinction years ago, and there are only a few thousand in the world today. They might be massive compared to us humans, but their future is in our hands as we make decisions about our oceans.

***HUMILITY:** Putting others first by giving up what you think you deserve*



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HUMILITY // BLUE WHALE // **BUFF**

Buff is a neutral color, but with a secret. It has a golden hue that raises its stature from boring to classic. Its name comes from undyed ox leather which was used to make tunics and other types of clothing in the 1600s. This color naturally appears in rocks and on sandy beaches, and it is especially attractive next to other colors. It's a warmer, richer color than tan and offers comfort and steadiness. Buff is a natural color associated with simplicity and is the color of aged parchment.

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