APRIL 2026 | GIANT PANDA

HONOR

Letting others know you see how valuable they really are



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NEWSLETTER



Honor
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SAY IT:

Honor: Letting others know you see how valuable they really are

KNOW IT:

ASK A GROWN-UP:

- Who are some people we should honor in our community?
- Talk about a time when you felt honored by someone else.

ASK A KID:

- How can you honor people who are valuable to you?
- How does it make you feel when someone shows you honor?

SEE IT:

It is easy to look back through history and learn about people who have earned our honor. In school, we learn about great people who have made important contributions to our community and our country.

As a family, watch "Liberty Kids: Honor and Compromise." (https://www.youtube.com/watch?v=6P1h17S1bZI). As you watch, pause the video when you see examples of how the characters show honor to others. Take time to discuss how and why each of these characters show honor.

BE IT:

Make a list of people in the community who you can honor as a family. Come up with some ways your family can let these people know you see how valuable they really are. Maybe you can make some thank you cards, bake cookies, find a way to help them with an important project, or purchase a small gift. Start a family habit of identifying people who deserve your honor and let them know they are valuable to you.

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PHASE
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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

Morning Time:
Be a coach. Help them find purpose by starting the day with encouraging words.

Drive Time:
Be a friend. Talk about life during informal conversations as you travel.

Meal Time:
Be a teacher. Have conversation while you eat together.

Bed Time:
Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

So don't miss it. Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.

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HONOR // GIANT PANDA // AUBERGINE

It's hard to resist the sight of a giant panda, sitting almost human-like in its black and white coat, munching on bamboo. An elongated wrist bone forms a "pseudo thumb" for grasping stalks, and large molars and strong jaws chew right through tough meals. A panda eats 70 to 100 pounds of bamboo each day.

It might be easy for humans to forget pandas are still bears, with their cuddly looks and emotional sensitivity. In experiments, researchers have observed the ability of giant pandas to discriminate emotions in pictures of human faces. But they are as wild as other bears and deserve our caution and respect.

Giant pandas are roughly the size of the American black bear, with males weighing up to 250 pounds and females a bit less. (Some black bears weigh quite a bit more!) Once widespread, now fewer than 2000 giant pandas live in misty mountain forests in south central China. Six hundred are in breeding centers and zoos worldwide.

In January 2025, the Smithsonian's National Zoo in Washington D.C. revealed two wildly popular new residents: three-year-old Bao Li and Qing Bao. The zoo's last giant pandas had returned to China more than a year earlier. The young bears are part of China's decades-long "panda diplomacy" program, always a huge hit with visitors since the first pandas came in 1972. The two new pandas will return to China in 10 years. Two others, Xin Bao and Yun Chuan, are at the San Diego Zoo.

Decades ago, China gifted giant pandas to some countries. Now the animals travel on loan at a cost to their hosts for specified time periods. Researchers and scientists travel back and forth during these panda residencies. The collaborations honor good will and conservation efforts.

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The deep purple color aubergine (oh-ber-zheen) has a fancy name and royal hues, but it's actually named after a fruit many people think of as a vegetable – the eggplant. The color has been tied to opulence, drama, and wealth for centuries, in Cleopatra's day and in our own. Historically, purple was not an easy color to produce, and the darkest shades were considered the most regal. Aubergine still offers a noble flair, and designers appreciate that its red and brown elements create a warm hue embodying power as well as calm.

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