

THE STORM REPORT

CAPE HATTERAS ELEMENTARY SCHOOL'S OFFICIAL NEWSLETTER

MUSINGS FROM MS. BENTON

New in The Storm Report: Growing Capable Kids

This year, I want to use a small part of each monthly Storm Report to talk about something that I believe is incredibly important for our children, not just as students, but as they grow into teenagers and eventually adults:

Independence and accountability.

As parents and educators, we love our children fiercely. We want to help them, protect them, make things easier for them, and sometimes even prevent them from experiencing disappointment or struggle. But one of the greatest gifts we can give children is the confidence that comes from discovering:

I can do hard things. I can solve problems. I can make mistakes and recover. I can take responsibility for my choices. I am capable.

Those skills don't suddenly develop when children reach middle school, high school, or adulthood. We build them little by little during the elementary years. Throughout this school year, I'll be sharing a short **Growing Capable Kids** article each month with simple, practical ideas families can use at home. This isn't about expecting perfection from our children, or from ourselves as parents! It is about recognizing the small opportunities we have every day to step back just enough for our children to step forward.

Here's where we're headed this year:

SEPTEMBER | Let Them Do What They Can Do

Learning when to help—and when to step back so children can experience the pride of doing something for themselves.

OCTOBER | Responsibility Starts at Home

Using age-appropriate chores, routines, and responsibilities to teach children that everyone has a role in contributing to the family.

NOVEMBER | Let Them Solve the Small Problems

Helping children become problem-solvers instead of immediately solving every problem for them.

THIS MONTH AT A GLANCE:

15 End of Grading Period

16 No School-Teacher Work Day

19-20 Fall Picture Days

23 Report Cards Available

26-30 Red Ribbon Week

29 Fall Festival 4-6

30 No School-Parent/Teacher Conferences

MUSING FROM MS. BENTON

DECEMBER | Gratitude, Wants & Entitlement

Teaching children gratitude, patience, the difference between wants and needs, and that sometimes the answer will simply be “no.”

JANUARY | Natural Consequences Are Powerful Teachers

Understanding that occasionally forgetting something, making a mistake, or experiencing a consequence can teach a lesson far more effectively than an adult rescue.

FEBRUARY | Accountability: Owning Our Choices

Moving from “*It wasn’t me,*” “*They made me,*” and “*It’s not my fault*” toward “*Here’s what I did, and here’s how I can make it right.*”

MARCH | Productive Struggle: Don’t Steal the Learning

Remembering that appropriate struggle is part of learning, and that perseverance grows when children have opportunities to work through difficult things.

APRIL | Advocating for Yourself

Teaching children how to respectfully ask questions, seek help, communicate with their teachers, and speak up for what they need.

MAY | Ready for What’s Next

Celebrating how much they’ve grown while asking, “What should my child be able to take responsibility for independently before moving on to the next grade?”

My hope is that this series gives all of us a reason to think about the kind of young people we are trying to raise. Because ultimately, our job isn’t to remove every obstacle from our children’s path.

It’s to give them the skills, confidence, responsibility, and resilience they need to navigate the path themselves.

Here’s to a year of **Growing Capable Kids** - one small step at a time. ❤️



GROWING CAPABLE KIDS

Growing Capable Kids: Let Them Do What They Can Do

As parents, one of the ways we show our children love is by helping them. We tie the shoe because we're in a hurry. We carry the backpack because their hands are full. We bring the forgotten water bottle to school. We clean up the mess because we can do it faster. We answer the question because we don't want to see them struggle. It all comes from a good place. But sometimes the most loving thing we can do is step back and let our children do what they are capable of doing for themselves. Independence doesn't suddenly appear when children become teenagers or adults. It is built through hundreds of small opportunities throughout childhood.

For an elementary-aged child, independence might look like:

- Carrying and unpacking their own backpack.
- Keeping track of their belongings.
- Putting away shoes, toys, or clothes.
- Opening their own lunch containers.
- Cleaning up a spill or mess they made.
- Remembering what they need for school.
- Speaking to their teacher when they have a question or problem.
- Completing an age-appropriate chore without being repeatedly reminded.
- Trying something difficult before immediately asking an adult to do it.

Will they always do these things perfectly? Absolutely not—and that's part of the learning. Sometimes a child will forget something. Sometimes the bed won't be made quite the way we would make it. Sometimes getting ready independently will take longer. Sometimes they will make a choice that results in a consequence. Those moments aren't failures. They are practice. One question we can all begin asking ourselves this month is:

“Am I doing something for my child that they could reasonably learn to do for themselves?”

If the answer is yes, consider handing that responsibility back to them—with encouragement, patience, and plenty of grace.

Our goal isn't to raise children who never need help. Our goal is to raise children who believe, “I can try. I can solve problems. I can make good choices. I can take responsibility. And when I truly need help, I know how to ask for it.”

Every time we allow a child to do something for themselves, we send a powerful message: I trust you. I believe you are capable.

This month, choose just one thing you normally do for your child and begin teaching them to take responsibility for it. Small steps toward independence today build confident, capable adults tomorrow.

BUILDING LEADERS, ONE HABIT AT A TIME

Building Leaders, One Habit at a Time!

This year, CHES is excited to begin our **Leader in Me** journey as we help every student discover that they have the ability to be a leader! Throughout the year, students will learn and practice the 7 Habits of Happy Kids, which provide simple, age-appropriate ways for students to take responsibility, make good choices, work with others, and grow as leaders.

We have started the year with **Habit #1: Be Proactive**. Students were introduced to the habit during a school-wide assembly and continue to explore it through direct lessons in their classrooms and by connecting the habit to everyday learning. Being proactive means **taking responsibility for our choices, actions, and attitudes and focusing on the things we can control**. Some of the tools, strategies, and language that we have been teaching our students to be proactive include the following:

- **Response + Ability = the Power to Choose!** - Your decisions, not your conditions, are what determine your outcomes. You do not have to wait for someone else to make good things happen.
- Hit the **Pause** button - stop and think about your response when something happens to you. Between something happening and what you do next, you can hit PAUSE.
- Focus on your **Circle of Control** - don't waste energy on things you can't change (e.g., the weather, the past, what other kids are doing). Focus on what you have control over - your words, your behavior, your attitude, and your effort.
- Carry Your **Own Weather** - Reactive people let the outside weather (and other people's moods) ruin their day. Proactive people carry their own sunshine!
- **Soda Kid vs. Water Kid** - Reactive people are like soda bottles - they explode when they are shaken up! Be like a water bottle; no matter how much it gets shaken, it stays cool, calm, and collected.
- Leadership starts with **Self** - you must first learn to control your own emotions, decisions, and responses before you can lead others.

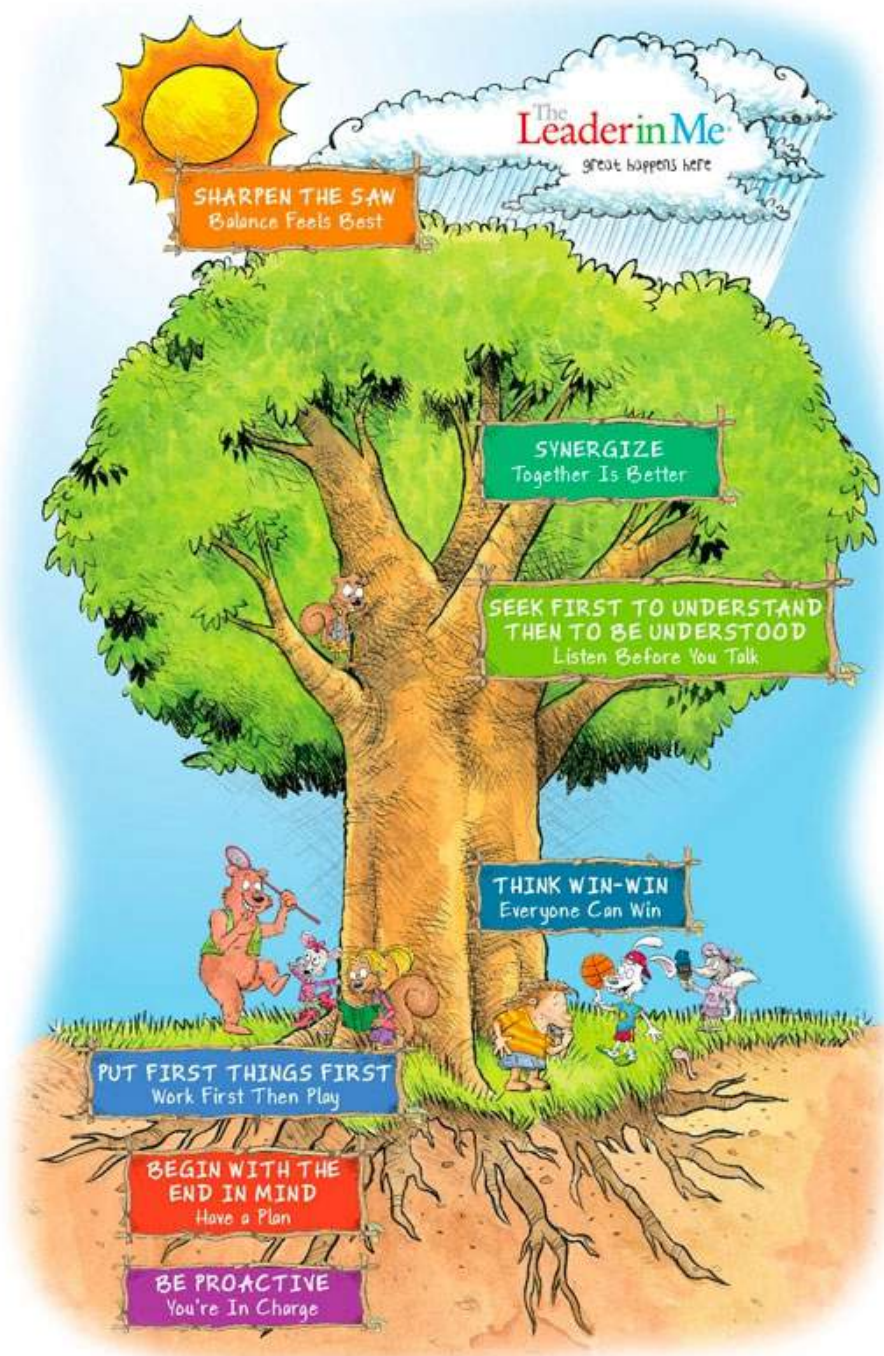
Try this at Home! Be Proactive!

Look for everyday opportunities to help your child practice being proactive. When something doesn't go as planned, ask, "**What can you control?**" or "**What is one thing you can do to make this situation better?**" You can also encourage your child to take initiative with simple tasks like getting ready for school, completing homework, helping around the house, or solving a problem independently. Celebrate those moments when your child **makes a choice, takes responsibility, or takes action without being reminded!**

Together, we can help our students build leadership habits that will serve them both in and out of school!

With gratitude,
Mr. Tiderman

BUILDING LEADERS, ONE HABIT AT A TIME



The 7 Habits Tree

The key to a strong tree and a strong me are healthy roots.
The Leader in Me program builds strong kids from the roots up.

CLASSROOM CONNECTIONS

KINDERGARTEN

★ Off to a Wonderful Start!

We are off to a wonderful start to the school year! Our classrooms have been busy learning and growing each day. We are working hard on identifying letters and their sounds, building CVC (consonant-vowel-consonant) words, and making great progress with our Ninja Heart Word Program.

We are also excited to look ahead to our first field trip of the year! Next month, we will be heading to Island Farm for a fun-filled day of learning and exploring. We can't wait to make some special memories together!

We are so excited for all the learning, adventures, and growth this year will bring!



1ST GRADE

Hello first-grade families!

It has been a great start to the new school year! We are so excited to see all the learning that's taking place. We have been spending lots of time learning and understanding our Habits of Mind expectations. The kids are getting into daily routines and learning to be independent first graders. We know first grade can be a hard transition from kindergarten, so we are taking it slow as we move into our current curriculum. The students enjoyed our Apple Unit, where we learned about the parts of an apple, the life cycle of an apple, and tasted a variety of apple treats.

The students will continue to work through the writing process to complete finished writing pieces. They will continue to practice reading fluency and comprehension.

We will move to Math Bridges Unit 2. They will use dominoes, dot cards, and the number rack to help move beyond counting one by one when adding and subtracting single-digit numbers.

Always let us know if you have any concerns or questions, as we are here to help your child become the best first grader he/she can be!

Thank you for your support at home,
First Grade Team



CLASSROOM CONNECTIONS

2ND GRADE

Hello Second Grade Families,

It has been a great start to the school year! This year will be full of fun learning and, with it, some challenges. Students will be working on reading fluency, adding and subtracting bigger numbers, and they will be challenged with new writing skills. Students will be responsible for keeping track of their progress throughout the year using data binders. Be on the lookout for more information on those!

We encourage you to work with your child at home to help them be even more successful in the classroom! Here are some ways that you can help your child at home:

- Review the expectations and routines of the classroom.
- Practice our UFLI Irregular “Heart” words.
- Practice addition and subtraction math facts.
- Read daily (books, recipes, magazines, song lyrics, etc.)
- Have your child write about their day in a journal.
- Challenge your child with learning games at home. Puzzles and word searches are just a few examples.

Thank you for supporting your child at home!

- Second Grade Team (Ms. Jillian and Ms. Jones)



3RD GRADE

Third Grade will be working on.....

ELA: Reading stories in Open Court (our main ELA curriculum) and reviewing phonics concepts that students learned last year but may need some more practice with. We will learn and practice comprehension skills to help us understand the different stories we will be reading in this unit, such as asking & answering questions and making predictions while reading.

MATH: We are in the beginning parts of our math curriculum, Bridges. This program provides a number corner, where students will participate in calendar activities and whole-group and partner math games/activities to enhance learning concepts that have already been taught and are currently being taught. In the math lessons, students are learning addition and subtraction strategies and how to show their thinking and problem-solving skills. They are working towards understanding the basics of multiplication.

SCIENCE/SOCIAL STUDIES: We have been learning about the roles and responsibilities of state and local government in social studies. Students have learned about different people involved in government, such as mayors and judges, and what those people do. Students have also compared situations that the local government would handle against situations that the state government might handle. We will move into our first science unit after we have finished government.

CLASSROOM CONNECTIONS

3RD DLI

Welcome to Third Grade!

We are so happy to continue this journey with you and to welcome our students to an exciting new year! Third grade is a very special year filled with new challenges, opportunities, and moments to celebrate how much you have grown.

This year, we will continue developing independence, responsibility, and confidence as learners. We want our students to take ownership of their learning, believe in themselves, and show us everything they are capable of achieving. We will also begin an exciting new chapter with state testing—a wonderful opportunity to demonstrate all the knowledge, skills, and hard work our students have developed throughout the years. We know they are ready to shine!

As always, achieving great results is a team effort. We look forward to counting on the continued commitment, support, and partnership of both our students and families. Together, we can help our students reach even higher goals and make this another incredible year of learning and growth.

We are excited for everything this year has in store and can't wait to see all that our students will accomplish!

Looking forward to working with you all,
Profe Valentina & Profe Pablo

4TH DLI

Welcome to Fourth Grade!

A new school year means a fresh start, new goals, and exciting opportunities to learn and grow! During the first weeks of fourth grade, we will focus on building strong routines, learning how our classroom works, and creating a clear and positive structure that will guide us throughout the entire year.

We will also spend time getting to know our students as learners and assessing their skills so we can understand where they are and how we can best support their growth. Every student brings unique strengths, talents, and opportunities to improve, and we are excited to discover them together.

Most importantly, we want our students to remember that their best is always worth giving. There will be challenges along the way, but challenges are opportunities to learn, improve, and become stronger. Believe in yourself, keep trying, ask questions, and never be afraid to make mistakes—mistakes are part of learning!

And remember, you are never alone. Count on us to guide you, support you, challenge you, and celebrate your progress throughout the year. We are ready for an amazing year together!

Let's make it a great one!

Profe Valentina & Profe Pablo



CLASSROOM CONNECTIONS

4TH GRADE

ELA is going to gear up with Unit One in Open Court! In this unit, students will read about people who have made a difference in the lives of others. We will discuss different ways, large and small, that people can make a difference, whether through helping friends and family, inspiring others, or standing up to injustice in the world. Students will talk about why it is important to make a difference. We are going to listen to a traditional story about a young boy who does something heroic to save the people in his town from a natural disaster. Students will learn that the story takes place in Holland, and show where this country is on a world map. They will also learn that, at the time this story takes place, Holland was primarily a land of farms surrounded by human-made earthen banks called dikes that protected lands from flooding. Holland remains known for its flood-control technology today. We will also be diving into our Phonics 95% group lessons to strengthen students' phonological abilities throughout our time together.

Social Studies in this month's lesson will center around North Carolina Regions, starting off in our very own Coastal Plains and spanning all the way over to our friends in the Mountain Region! We will compare the development of various geographic regions in North Carolina using geographic tools and exemplify the ways in which the movement of people, goods, and ideas has impacted the development of North Carolina using maps and other geographic tools. Students will summarize the reasons for forced and voluntary migration to, from, and within North Carolina.

In Math, our fourth graders are diving deep into multiplication strategies this month! Students are learning various methods to solve multiplication problems efficiently, including the arrays, area models, and breaking numbers apart (decomposition or partial products). These strategies help students understand not just how to multiply, but why multiplication works the way it does. At home, you can support your child by practicing basic multiplication facts and asking them to explain their problem-solving strategies. This builds both computational skills and mathematical reasoning.

In Science, we're exploring the fascinating world of forces and motion! Students are conducting hands-on experiments to understand how pushes and pulls affect objects, investigating concepts like friction, gravity, and balanced versus unbalanced forces. Through these engaging activities, students are developing their scientific inquiry skills while learning how forces influence the world around them. You can extend this learning at home by discussing everyday examples of forces and motion, such as pushing a swing or rolling a ball down a ramp.

CLASSROOM CONNECTIONS

5TH GRADE

In English Language Arts, students are developing proficiency in identifying parts of speech within written texts. Instruction is anchored to our overarching Big Idea: "What do we gain by persevering?" Curricular readings are intentionally aligned to this concept, fostering student understanding of perseverance and its significance. Students have demonstrated mastery in distinguishing fact from opinion and are currently engaged in composing original opinion pieces. Concurrent instruction focuses on the stages of the writing process and evidence-based writing strategies, with graphic organizers serving as scaffolding tools to support student development as writers.

In Mathematics, students are developing proficiency with fundamental operations and understanding the hierarchical sequence of operations known as PEMDAS (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction). Current learning objectives include calculating the volume of rectangular and composite prisms, establishing relationships between fractional and decimal representations, and recognizing their respective values. Students continue to build automaticity with multiplication facts to facilitate the identification of factors and multiples.

In Science, fifth-grade students are investigating atmospheric phenomena, including weather patterns and climate systems. Instruction has focused on the variables that influence weather conditions. Students are engaging in meteorological practices, utilizing classroom instrumentation to systematically collect, record, and interpret meteorological data from the school environment. Upcoming units will examine how Earth's rotational and revolutionary movements influence seasonal changes and weather patterns. Students will participate in inquiry-based learning experiences, including experimental investigations and interactive activities, to understand the water cycle and cloud formation processes. Initial hands-on investigations have explored the relationship between temperature and matter, specifically how thermal energy causes substances to undergo expansion and contraction.

5TH DLI

5th DLI: What We Are Learning!

Math

Connecting Volume & Multiplication

Students are using volume to review and strengthen their multiplication skills.

- **Cube Exploration:** Students are learning different ways to arrange unit cubes to build rectangular prisms.
- **Properties of Multiplication:** Through hands-on prism building, students are taking a deeper look at the commutative and associative properties of multiplication.
- **Composite Prisms:** Students are deepening their understanding of volume by building multiple rectangular prisms, including composite (combined) rectangular prisms, to represent a total volume.

Science

We are diving into weather and climate!

Students are exploring how weather measurement tools work, learning the difference between daily weather and long-term climate, and discovering how climate affects different regions around the world.

Language Arts

We are practicing essential skills that help us read to learn. Students are reviewing how to identify main ideas, themes, topics, and supporting details, as well as how to cite evidence directly from the text.

Spanish

We've been reviewing basic vocabulary and having fun learning through catchy songs!

Classroom Routines

We are continuing to reinforce our daily school routines and expectations so every student feels confident, supported, and ready for an amazing learning experience.

CONNECTING WITH ESSENTIALS

MUSIC

Kindergarten and 1st Grade

We have been having fun learning new songs, rhymes, and games from our curriculum, First Steps in Music. Every month in the newsletter, I will be sharing an Ask Me sheet that will feature 1-2 songs, rhymes, or games that we have been working on over the past month in class. Our youngest musicians would love to share some of the music we have been doing in class with you.



Second grade has been doing a mix of reviewing some songs from last year and learning new music, such as "Yankee Doodle." We have also begun working on our music for the upcoming fall concert.

Third grade has been having fun as we start our year-long exploration of folk dancing. We began the year with a dance called Sasha. It is an easy scatter dance that gets us used to working with a partner. We reviewed the conversational solfege units we learned last year and are picking up where we left off with new material. We also started working on our music for the upcoming winter concert.

Fourth grade worked on a movement activity using agility rings to a song called "Tiki Tiki Tiki Tiki Tak Tak Tak." We started on Unit 7 in Conversational Solfege, which adds half notes to our rhythms. Fourth grade has been working on learning music for the upcoming fall concert.

Fifth grade started the year with steady beat work using agility rings. They were challenged to move through rows of rings in a specific pattern to the beat of the music. We continued where we left off with Conversational Solfege last year, and we started working on music for the upcoming winter concert.



P.E.

We're off to a great start in P.E.! We've been spending our first few weeks building teamwork, communication, and sportsmanship through fun team-building activities. Students are learning how to work together, encourage one another, and be good teammates. Next, we'll transition into fitness testing, followed by soccer and soccer-related skills. Be sure to wear tennis shoes on P.E. days so you can participate and show off your skills! ⚽

CONNECTING WITH ESSENTIALS



Media Moments

Ms. Jenn & Ms. Hooper

October 2026



Students have fun reading, creating, and learning in the Library.



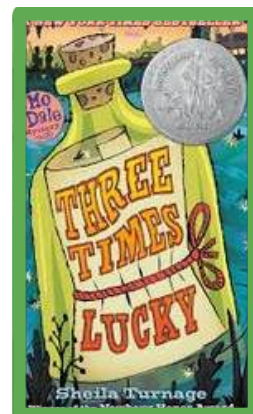
October Events
**3-5 Grade Book Club
 Celebration - 10/29**
**Makerspace Week
 10/26 - 10/29**

Students are enjoying read aloud time in the story corner. Our "novel effect" app makes picture books even more engaging with sound effects and music that go along with the stories. Ask your student what their favorite book has been so far this year.



October Book Club

3rd-5th Graders can stop by the library to sign up and read our October book club pick, *Three Times Lucky* by Sheila Turnage. We will have our book club celebration on Thursday, Oct 29th.



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 Book Fair Shoppers!!

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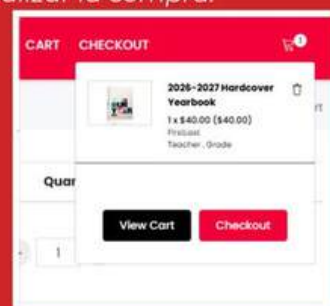
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CONNECTING WITH ESSENTIALS

ART

We are off to a great start in the CHES art room this year. I am so happy to have my fabulous artists back in the building and am so enjoying getting to know my new budding artists.

In kindergarten, students start with an introduction to the elements of line and color in the art room. Students discuss line quality and how recognizing and identifying various line qualities in our environments helps us to be better artists and writers. Students draw various lines and then use the rainbow color order to practice proper painting skills to paint in between lines.

Our First-grade artists started the year with a line review and made art with lines showing various qualities in both 2-dimensional and 3-dimensional expression. Students learned the vocabulary word sculpture, looked at various sculptures, and talked about how artists managed the space in these pieces.

In Second grade, students are looking at the iconic work of art “The Great Wave” by Japanese artist Hokusai. Students discuss the principles of movement and contrast and create works of art that use lines to create movement in their waves and warm and cool color schemes to create contrast in their compositions.

Disney’s It’s A Small World has been the focus in Third Grade this month. Students learned about Mary Blair, the Disney animator who designed the original ride for Disneyland. Students discussed how she used color and shape and how these elements bring unity to this monumental piece of immersive art. Students collaborated to make their version with their class, just like the artists, musicians, machinists, architects, and builders did to bring Mary Blair’s vision to life for all of us to enjoy.

Our fourth graders are working with the element of art, Space. Students are looking at the Albuquerque, NM Hot Air Balloon Festival and are creating landscape paintings using this as a subject. Students are using scale and placement to create foregrounds, middle grounds, and backgrounds in our compositions.

In Fifth grade, we looked at the art of M.C. Escher and discussed how he used realism combined with impossible composition to create artwork that is confusing and puzzling. We used his technique of shading and applying midtones, shadows, and highlights to drawn forms to create realism. We then cut out these forms and played with how to stack and position them in ways that defy balance to create impossible drawings.



CONNECTING WITH ESSENTIALS

STEM

Building Safe Digital Citizens: CIPA Compliance

At our school, technology is an essential tool for learning and exploring. Along with digital access comes our commitment to keeping students safe online. You may hear us reference CIPA compliance, and we want to share what that means for your child.

What is CIPA?

CIPA stands for the Children's Internet Protection Act, a federal law designed to protect K-12 students from harmful internet content. To comply, schools must enforce web filtering and provide mandatory digital citizenship instruction. Every student using district technology must meet these safety standards.

How We Use Learning.com

While network filters block inappropriate sites, true online safety starts with education. We meet CIPA requirements primarily through interactive lessons on Learning.com. Integrated into weekly instruction, this curriculum teaches vital digital safety skills:

- Cyberbullying Prevention: Spotting unkind behavior and knowing how to get help.
- Online Privacy: Keeping personal details safe from strangers.
- Responsible Communication: Interacting respectfully in educational online spaces.

By completing these lessons, students learn to navigate the digital world responsibly while keeping our school compliant. Thank you for reinforcing smart digital habits at home!

By Kristin Gray

AIG

We have welcomed some new students to our community, and it has been wonderful getting to know them. We are grateful to the Dare Education Foundation for supporting our Storyworks subscription through their grant funding. Storyworks is a monthly publication filled with both fictional and factual stories. One of the best aspects of this magazine is that it allows us to learn about events and topics happening around the world, far beyond our island home.

ELA Readers:

- 5th graders are currently working on a Greek Mythology unit while reading *The Lightning Thief* by Rick Riordan.
- Fourth graders have completed a unit about social awareness. During this unit, we looked at questions like: Who am I right now? and Who do I want to become? Knowing yourself helps you make friends, build strong relationships, pick a career path, make better choices, and manage your feelings. The class has also begun reading *Ruby Holler* by Sharon Creech.
- 3rd graders are reading *Frindle* by Andrew Clements.
- Second graders are reading a book about Louis Braille, a boy who created a way for blind people to read.
- 1st graders are reading *The Knight at Dawn*, *Magic Tree House Book 2*.

Outstanding Math Achievers:

- Our 4th and 5th grade students are using *Hands on Equations*, a math program that helps them work through multi-step algebraic equations.
- Our 1st through 3rd grade students are tackling challenging math problems with *Math Stars*, a program created to stretch our most talented mathematicians.

NOTE FROM NURSE CLAIRE



School Nurse Reminders

Vision Screenings for
1st, 2nd, & 4th Grade
from September
through October

Friendly Dental Van
Sign-up coming soon!

ESL NEWS

Ms. Steph!

Dear Families,

Welcome to a new school year! I am so excited to work with our multilingual learners this year. We will be building English skills in listening, speaking, reading, and writing while learning new vocabulary and growing our confidence. Every day is a new opportunity to learn something new!

English Fun at Home

 **Read Together:** Read a book for 15–20 minutes. Ask, “What happened?” and “What do you think will happen next?”

 **Word Hunt:** Find 5 English words around your home and practice saying them together.

 **Talk About Your Day:** Ask your child to tell you 3 things they did at school.

 **Sing Together:** Listen to an English song and sing along. Don't worry about getting every word right!



Motivation

Learning a new language takes time, practice, and courage! Mistakes are part of learning. Encourage your child to keep trying and celebrate every new word they use.

Remember!

Small steps lead to BIG growth! Even a few minutes of English practice at home can make a difference.



Artists of the Month
Ms. Laura's Class

MS. JENN RECOMMENDS...

Imagine a tree so giant that it would take your whole class holding hands just to hug it! Meet a grand, 400-year-old tree in "Thank You, Old Oak" and see all the secret animal friends hiding in her branches!

Stop by to check out this new addition to our library collection.



SPOTLIGHTS & RECOMMENDATIONS

Did you know...

that scientists just discovered the first new cat species in 100 years? They named it *Leopardus tilcayo* or tilcayo cat. Its home is the Yungas forest ecoregion of Bolivia. Check out this [article on National Geographic](#) for more information about this cute new member of the cat family.

Exercise of the Month -Sit Ups



- Lie flat on your back with legs together, bent at the knees, and feet flat on the floor.
- Place your hands on your shoulders and raise your elbows, so your arms are crossed in front of your body **or** place them behind your head.
- Squeeze your tummy and raise your upper body until you're sat upright. Lower yourself back to the start position.

What is so fragile that
saying it's name breaks
it?

Silence

Riddle of the Month

