



TELL SOMEONE YOU'RE SORRY

Making mistakes is part of life. If you have upset a friend or family member, knowing how to offer a sincere apology can make both of you feel better. Here are some tips.

- 1. Admit fault.** The first step when apologizing is to acknowledge that what you did or said was wrong. Instead of just saying "I'm sorry," specifically state what you're apologizing for. For instance, you might say, "I'm sorry I used your special markers without asking."
- 2. Be sincere.** When saying you're sorry, it's important to let your friend or family member know that you truly regret upsetting them. You might say, "When I used your markers, I wasn't thinking. I realize I upset you, and I'm sorry."
- 3. Make an effort.** There won't always be a way to make a situation better, but sometimes there might be. For instance, you could check to make sure the caps are back on all the markers you used so they don't dry up.



Craft a desert scene with dough

What you need

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup cold water
- Skewers
- Baking tray
- Parchment paper
- Pot
- Potting soil
- Succulents
- Paint
- Paintbrush

Instructions

1. To make the salt dough for the rocks, first combine the flour and salt in a bowl. Add water a few tablespoons at a time, mixing it in as you go, until it's clay-like. Knead the dough for a few minutes, then let it rest for 20 minutes. Ask an adult to heat the oven to 250° F.
2. Mold the salt dough into different rock shapes. Use a skewer to pierce a hole through the center of each rock.
3. Place the rocks on a baking tray lined with parchment paper. Place them in the oven to dry for about 2 hours.
4. While you wait for the rocks to dry, fill the pot with potting soil and plant some succulents.
5. Once your rock shapes are dry and hard, carefully remove the tray from the oven. Allow the rocks to cool completely.
6. Paint the rocks in a rainbow of colors. Let dry.
7. Thread the rocks onto skewers and place them in the pot to complete your desert.

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ANCIENT ART

The oldest known sculpture, a figure of a woman carved out of ivory, is believed to be up to 40,000 years old.



WARNING!
Ask an adult's permission before using the oven.



ECO TIP OF THE WEEK MAKE WEEKLY MEAL PLANS

Creating a meal plan is like making a schedule for what you're going to eat for breakfast, lunch, snacks, and dinner for the next week. Sit down with a parent and brainstorm meals you'd like to have each day, and write them down on a calendar or a piece of paper. Your family can then use the schedule of meals to make a grocery shopping list. Research has shown that meal planning can help your family eat healthier and reduce food waste. This is because having a plan to use all the food you've bought at the store makes you more likely to eat everything before it spoils. This keeps food scraps out of landfills, which is better for the environment.



Only buy what you need.