

WINGS
helping kids soar®

wingsforkids.org

The NEW Smart

Making sure kids have social and emotional smarts

April 2009



He has Wings

He's big, he's pink, he's always glad to see you! We think Mr. Pig soars because he spreads good cheer wherever he goes in our community, connecting with kids and making people smile at the mere sight of his oversize porcine presence.

Mr. Pig is the smiling mascot for the Piggly Wiggly grocery stores, which now number more than 600 outlets. Founded in 1916 in Memphis by Clarence Saunders, Piggly Wiggly was the first to franchise independent grocers and to offer self-service shopping. Piggly Wiggly Carolina has more than 100 retail stores employing 5,000 people in South Carolina. The meaning of the name Piggly Wiggly

remains a mystery. The founder never explained why he chose it, except to say that it sure got people talking.

What people talk about in South Carolina is the Piggly Wiggly tradition of serving the community, giving back to local causes and giving kids a reason to look forward to visits to the grocery store. You never know where Mr. Pig will show up!

At WINGS we teach the kids that their attitude can really have an impact on people around them, and Mr. Pig is a great role model for spreading happiness.

Mr. Pig has WINGS.

[Watch Mr. Pig recite The Creed.](#)



Want to slap this on your bumper? Click here to email us and we'll send you one for free!



Spreading Happiness

More than 2,000 fluffy pink clouds covered with smiley faces filled the skies over London on a bleak winter day as one artist's attempt to lighten the gloom and doom afflicting so many of us lately.

Young artist Stuart Semple made the eco-friendly clouds out of helium, soap and vegetable dye, and released them late in February from the Tate Modern museum. The "Happy Clouds," as Semple called them, floated over the Thames River and lasted about 30 minutes before dissolving in mid-air.

His determination to spread happiness and cheer is just the kind of lesson we teach the kids at WINGS – that we

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Hot Wings

Make an Apology Pot

Everybody makes mistakes. That's why it's important to learn how to apologize, take responsibility and make amends. Teaching kids these important lessons is a lot more fun when you create an apology pot.

It's important to express remorse and apologize when kids – and adults – have done something that may have hurt another person. An apology pot makes it easier.

You'll need these supplies: 1 clay pot, half of a styrofoam ball, hot-glue gun, a bag of lollipops, string or yarn, scraps of paper, hole-puncher, pen or pencil.

Use the hot-glue gun to affix the styrofoam ball flat-side up into the pot. Punch holes in the paper scraps and cut up small lengths of yarn or string. Put these next to the pot along with the lollipops. When someone at your house needs to apologize for a mistake, they write down their apology, tie the paper onto a lollipop, and stick it into the pot.

Once a week gather as a family and read the apologies together. If an apology is offered to you – you get to eat the lollipop! Tip: Be sure adults are putting plenty of lollipops into the pot, so kids recognize that everybody does things they wish they hadn't.

The first time you launch this activity, explain that everybody does things they wish they hadn't. And that's OK, as long as they are accountable for their actions and take responsibility.

Fixing mistakes is called making amends. The easiest way to make amends is to say, "I'm sorry." This should be a sincere attempt to let someone know how badly you feel about hurting them.

It's important to note that those words don't mean anything if the person who apologizes doesn't mean them and plan to stop doing what caused the harm. Ask your kids to brainstorm about some ways to fix a mistake. Other ways to make amends can be things like giving your sister your ball since you threw hers on the roof, or cleaning up the mess when you broke a dish.

At WINGS we teach kids these steps to follow when making amends:

- Explain what you did. Be honest!
- You might have hurt someone else. Think about that.
- Solve the problem – find the best way.
- Try not to do it again.



Close-up of an apology pot.

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can shift our own feelings and those of others around us by consciously focusing on the positive.

"I just wanted to make a piece of work that could cheer people up a bit," Semple said. "I've had enough doom and gloom in the air. I wanted to show something completely positive floating up in the sky."

[Watch this video of Happy Clouds.](#)





The Wings Creed

I soar with WINGS. Let me tell you why. I learn lots of skills that help me reach the sky.

I love and accept who I am on the inside and know my emotions are nothing to hide.

Life's full of surprises that make me feel different ways. If I can control myself, I will have much better days.

I understand the choices I make should be what's best for me to do, and what happens is on me and not any of you.

I understand others are unique. I want to learn more about everyone I meet. I want to step into their shoe and see what they are going through.

I am a friend. I support and trust. Working together is a must.

Kind and caring I will be. I listen to you. You listen to me.

I soar with WINGS. I just told you why. All of these things are why I fly high.

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Meet Zyquiasha

Fourth-grader Zyquiasha Meggett brims with confidence and charisma. She really loves singing, and worked hard to learn about opera during Choice Time voice lessons offered in partnership with the Charleston Academy of Music. Her instructor said she took full advantage of the opportunity.

She's spent four years in WINGS, and belongs to the Doves Nest supervised by Ms. Mallory. Besides the voice lessons, Zyquiasha especially likes WINGS Challenge activities that focus on building physical strength.

She's a high-energy kid with definite opinions and a clear view of her own strengths and weaknesses. Although normally very confident, when she started wearing glasses this year, she worried that other kids would make fun of her looks.

Citing The Creed – "I love and accept who I am on the inside" - the WINGSLeader she confided in told Zyquiasha to love herself, glasses and all. Now she wears her specs every day, and is considering getting some brightly colored frames that match her exuberant personality.

[Listen to The Creed.](#)

"I can alter my life by altering my attitude."

- Henry David Thoreau



Multiply your impact! Give \$1 to WINGS and it will be matched by \$1 from a supporter. Give \$11 and it will be matched by \$100! This campaign expires on the 1st day of summer. Join us in our Movement to transform lives – 1 kid at a time!

[Donate now.](#)

