

## STUDENT OF THE MONTH: AAMINA LONE



Watching families come in and train together is such a joy and when you see a sibling who has been watching in the lobby come on the training floor, it is even more fun! Aamina joined PMA almost 2 years ago after sitting in the lobby watching her brother and cousins train for years. Even before she became an actual student, she was already part of the PMA family.

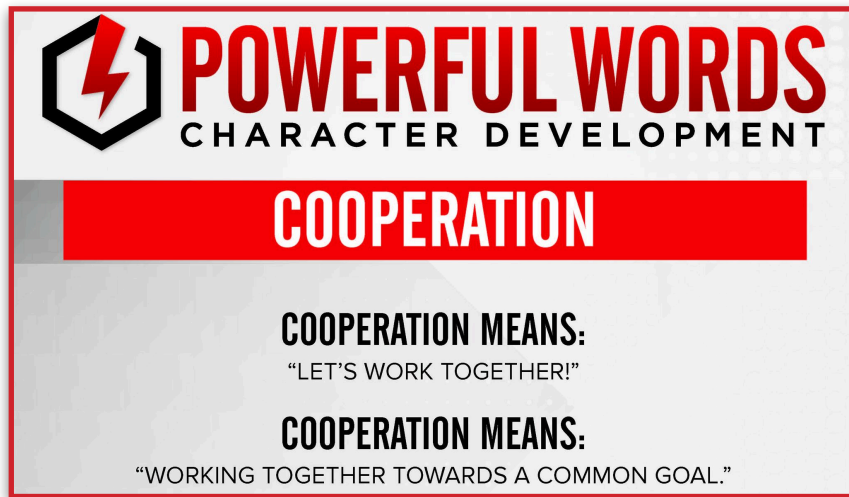
Her aunt tells us that it was Aamina that instigated her joining as she would be in the lobby and ask when she could take class. And finally, in March of 2024, she came into the Lil Dragons Program. She was quiet and timid when she first stepped on the mat but over her time here, we have seen so much growth. Currently, she is a White/Brown Belt in the program and considered a leader in the group.

Not only has her physical fitness improved but her martial arts skill has vastly improved and her coordination and ability to pick up techniques is much better. Ms. Kathy says, *"I will often use Aamina to demonstrate because she pays attention to the details of the techniques."* She goes on further to say that Aamina's focus is very much improved and that she is a role model amongst her peers. Her aunt agrees. She says, *"Aamina is much more focused, more confident and able to stand up for herself. She is also able to defend herself with her brother and cousins and has become a teacher and mentor for her little cousin, Zainab, who also just recently joined PMA."* She adds, *"Aamina has grown in her confidence so much that now she corrects people when they mispronounce her name!"* We love that!

Outside of PMA, Aamina attends Lakeville Elementary School and is in the first grade. Her hopes are one day to become a teacher. And besides martial arts, Aamina is also studying piano.

*We are so proud of you, Aamina! Keep up the great work!*

# PMA YOUTH SECTION | NOVEMBER 2025



**POWERFUL WORDS**  
CHARACTER DEVELOPMENT

**COOPERATION**

**COOPERATION MEANS:**  
“LET’S WORK TOGETHER!”

**COOPERATION MEANS:**  
“WORKING TOGETHER TOWARDS A COMMON GOAL.”

## 7 WAYS TO TEACH KIDS HOW TO GIVE THANKS

Thanksgiving offers a perfect moment to remind children that gratitude isn't just about saying “thank you,” but about recognizing kindness, effort, and generosity in others. Here are seven practical ways to help kids learn how to give thanks and live it daily.

1. **Model Gratitude Daily.** Children learn through observation. Express genuine appreciation in everyday situations—thank a family member for setting the table, a teacher for their effort, or even a stranger for holding the door. Consistent modeling builds reflexive gratitude.
2. **Create a Gratitude Journal.** Have kids write or draw one thing they're thankful for each day. Keep the entries simple and specific (“I'm thankful for pancakes with mom”) to anchor appreciation in concrete experiences rather than abstract ideas.
3. **Tell the Story Behind Thanksgiving.** Explain the historical context in age-appropriate terms, emphasizing cooperation, sharing, and humility rather than consumption or decoration. Connect it to current acts of giving within the community.
4. **Give Through Action.** Involve them in hands-on gratitude—donating toys, writing thank-you notes to soldiers or first responders, or helping cook for a neighbor. Physical participation turns thankfulness into habit.
5. **Name the Givers.** When receiving something—a meal, a ride, or a gift—pause to identify the person behind it and acknowledge their effort. This cultivates awareness of others' contributions rather than entitlement.
6. **Practice Verbal Gratitude Rituals.** Start family meals by naming one thing each person appreciates from the day. Keep it consistent and brief; repetition trains attention toward what's positive.
7. **Link Gratitude to Responsibility.** Teach that gratitude isn't passive. When someone helps them, ask, “How can we return that kindness?” Reciprocity cements the moral structure beneath thankfulness.



By helping children see gratitude as an action rather than a phrase, we teach them to carry the spirit of Thanksgiving into every day of the year, building empathy, humility, and appreciation that lasts well beyond the holiday.