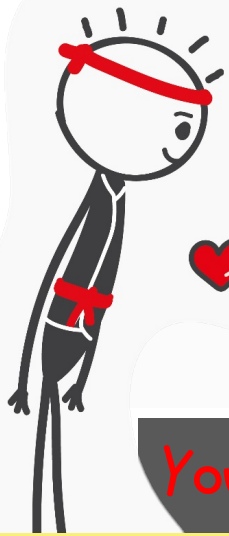


Full Name:

WEEK 5

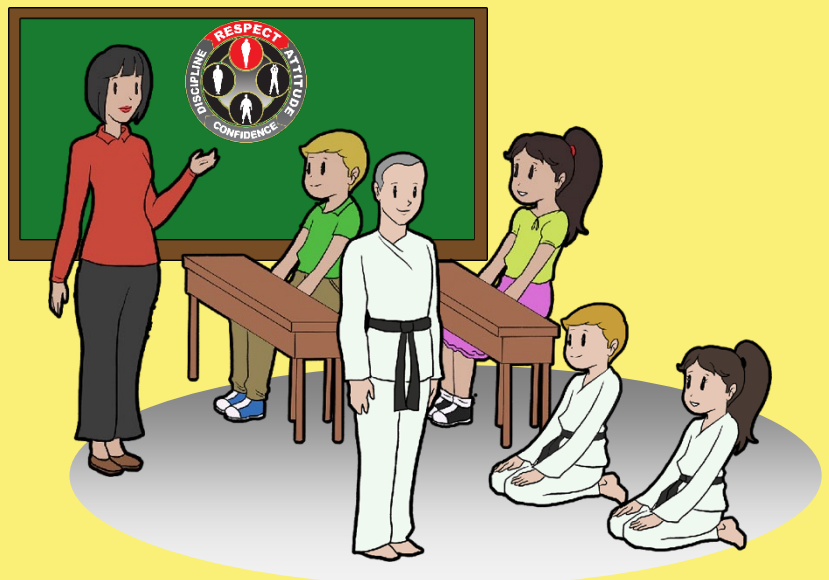


Kindness and Respect

Respect your teachers

Your teachers help you to learn and be successful.

If YOU want to learn and be successful it is important to practice the three skills of listening!



To earn your Red Success Stripe

Practice the Three Skills of Listening with your teachers at school and at Karate, AND with your parents at home!

1. Focus your eyes!
2. Focus your mind!
3. Focus your body!

Be amazed about how much more you learn, how much more fun it is and how happy it makes your teacher!

PARENT/CARER FEEDBACK - Give an example of your child showing respect with their listening skills this week:



- WEEK 5 -

EYES ON WHO

When I say, "Eyes on who?" you look at me and say, "Eyes on you Sensei!", and you are ready to look and listen. Let's practice.

"Eyes on who?" "Eyes on you, Sensei!"

CRISS CROSS

"Criss Cross!" - Students reply, "Karate Sox!" and sit down with their legs crossed. They are now ready to listen!

When I say legs, you say crossed! Legs! Crossed!

When I say back, you say straight! Back! Straight!

When I say hands, you say on the knees! Hands! On the knees!

When we bow, what does that mean? **Kindness and Respect.**

What does respect mean? **Value yourself and value each other.**

How do we VALUE each other? **We treat others the way we would like to be treated if we were them.**

RESPECT YOUR TEACHERS

Who do you respect first? **Yourself.** Who do you respect second? **Your parents.** Who do you respect third? **Your teachers.** Why do you respect your teachers? **Your teachers help you to learn and be successful in life!**

What are three things you can do to show respect to your teachers?

Number one, **Focus your eyes.** Number two, **Focus your mind.**

Number three, **Focus your body.**

These are called the three skills of listening. What are they called?

That's right, the three skills of listening.

TO EARN YOUR RED SUCCESS STRIPE

Every day practice the three skills of listening with your teachers (at school AND karate) AND with your parents at home! Ask your parents to let us know how you did. (Make sure you say "Please" and Thank you.")

AWARD RED STRIPES

Give yourself a pat on the back! - WARMUP!

