



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

KINDNESS

Awareness that being kind and considerate is more admirable than being tough or strong. The tendency to understand rather than to confront. Gentleness, particularly toward those who are weaker. "

MONTHLY ACTIVITY:

Parents please help your child with the following activity

Kids: - Complete the Kindness Game on the back to determine if the scenarios described are ones of Kindness or Unkind. Next, each student must perform 10 unselfish, random acts of kindness to others. Please list your 10 random acts of kindness on the back.



Please see back of page.

THIS BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION. Students must turn in completed form on time. Sheets should be in each student's hand at the beginning of class. A black stripe will be awarded at that time. Three black stripes must be earned before graduation.

This sheet must be returned on October 11th or 12th. Remember, these sheets are YOUR responsibility and not your parents!

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by this school and Sensei Manos for students seeking belt advancement.

Student Name: _____
Student Rank: _____
Parent Signature: _____ Date: _____

5 Requirements of the Black Belt Excellence Stripe

- ✓ Black Belt behavior at home
- ✓ Black Belt behavior and passing grades at school
- ✓ Overall performance and attendance at the karate school.
- ✓ Completion of this Black Belt Excellence Homework sheet monthly.
- ✓ Return this sheet on time.

Think about the below scenarios and determine which acts are kind and which are unkind. Circle the appropriate answer.

Tim is invited to play video games at Shane's house, but after an hour of playing he says, "I am tired of hanging out with you. I'm going to Zach's house and see what he is doing."

KIND

UNKIND

Sarah is walking through the mall and sees an elderly lady drop her purse. She then stops, picks up the purse and hands it to the lady.

KIND

UNKIND

Billy is going to play basketball with all of his friends. After dinner Billy stays a little longer to help mom clean the kitchen.

KIND

UNKIND

Daniel knows that his younger brother has trouble with math. Every time his brother ask for his help, Daniel refuses to help.

KIND

UNKIND

Steve's dad is mowing the grass and sees a big rock that his Dad might run over. Steve runs out in the yard to move the rock.

KIND

UNKIND

Kyle is picking teams for battle ball. He tells everyone that he does not want Doyle on his team because he is too fat and slow.

KIND

UNKIND

Cindy sees a girl crying on the steps at school. She stops to ask if the girl is ok or needs help. She then informs the teacher of the situation.

KIND

UNKIND

Random Acts of Kindness

Performing random acts of kindness means doing kind things for others because it is the right thing to do, for no other reason. Please list and describe 10 random acts of kindness that you have performed in the past two weeks.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____