

# Black Belt EXCELLENCE

## Home/School Approval Form

### 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.



This month my son/daughter has demonstrated both at home and at school those qualities of responsibility required by the martial arts school for students seeking to earn Black Belt Excellence stripe..

**Student's Name** \_\_\_\_\_  
**Student's Belt Rank** \_\_\_\_\_  
**Dated this** \_\_\_\_ **day of** \_\_\_\_\_  
**Parent's Signature** \_\_\_\_\_  
**Teacher's Signature** \_\_\_\_\_

### Must Return on time

Remember these sheets are *your* responsibility not your parents'. Late work sheets will not be accepted.

#### 5 Requirements

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the Martial Arts school
- ◆ Completion of the monthly Excellence Sheet
- ◆ Returning the Excellence sheet on time.

# The Kindness Game

Think about the below scenarios and determine which are using kindness 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."

**Kindness**

**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.

**Kindness**

**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.

**Kindness**

**Unkind**

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

**Kindness**

**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.

**Kindness**

**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.

**Kindness**

**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.

**Kindness**

**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. \_\_\_\_\_