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Word to Remember

CHARACTER

Do you have strong character? Your character is shown partly by how you treat other people, by how you push through tough times, and by doing the right things even when no one is looking. This month, focus on developing your best character traits by completing the tasks below.

- Help a sibling, friend or parent with a task without being asked.
- Make a list of at least 5 people you care for. Write one way you can show you care for each person.
- Set a goal for yourself and write it down somewhere you will see it often. This will help you stay committed and focused.
- Have a parent go with you to perform a random act of kindness.
- Spend 15 minutes working on something you don't like to do but know needs to be done.
- All week, before turning on the TV or playing any games, make sure you have all of your chores and homework done.
- Resist the temptation to take part in any negative talk you may hear at school.
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Richardson 1710 E. Beltline Rd - Behind Kiwi

www.ustacademy.com 972 238-7073