

AUG.

week 1

"IF YOUR COMPASSION DOES NOT INCLUDE YOURSELF, IT IS INCOMPLETE."

- JACK CORNFIELD

week 2

"ONCE YOU EMBRACE YOUR VALUE, TALENTS AND STRENGTHS, IT NEUTRALIZES WHEN OTHERS THINK LESS OF YOU."

- ROBLIANO

week 3

"WHEN YOU SAY 'YES' TO OTHERS, MAKE SURE YOU'RE NOT SAYING 'NO' TO YOURSELF."

- PAULO COELHO

week 4

"DON'T RELY ON SOMEONE ELSE FOR YOUR HAPPINESS AND SELF-WORTH. ONLY YOU CAN BE RESPONSIBLE FOR THAT."

- STACEY CHARTER



PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

Martial arts places a strong emphasis on showing respect for others. In this lesson, we are studying an equally important facet of respect: self-respect. Children who have a strong sense of respect for themselves are more likely to be confident, less likely to be the victim or perpetrator of bullying, take better care of themselves, and are more willing to try new things without fear of failure or "looking bad." All-in-all, it's a great mix of traits for a healthy, happy life!

HOW CAN YOU HELP?

- Give praise on efforts, not only results. Example: "I know it's disappointing that you lost that soccer game, but you played well! I'm proud of you."

- Encourage them to try new things and pursue hobbies based on what they're good at and what they enjoy - regardless of whether those two overlap. A child who isn't a naturally skilled artist can still benefit from an after-school art program, for example. They may learn new skills, or they may simply have fun!
- Refrain from "helicopter parenting." Allowing your children to solve their own problems will let them realize what they are capable of, building self-respect.
- Do not belittle or speak down to your children.

SELF-RESPECT

SELF-RESPECT MEANS UNDERSTANDING YOUR OWN VALUE.



U.S.
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