

JUL.

week 1

"FORGIVENESS IS THE FRAGRANCE THAT THE VIOLET SHEDS ON THE HEEL THAT HAS CRUSHED IT."

- MARK TWAIN

week 2

"WITHOUT FORGIVENESS, THERE'S NO FUTURE."

- DESMOND TUTU

week 3

"MISTAKES ARE ALWAYS FORGIVABLE, IF ONE HAS THE COURAGE TO ADMIT THEM."

- BRUCE LEE

week 4

"THERE IS NO REVENGE SO COMPLETE AS FORGIVENESS."

- JOSH BILLINGS

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month, we are learning about forgiveness. This can be a difficult value for young children to learn, especially while their emotional intelligence is still developing. It is important to keep three key points in mind as your children learn forgiveness:

1. Forgiveness is not conditional ("I'll only forgive you if you do my chores for a week!").
2. Someone does not have to ask for an apology in order to be forgiven - you can forgive someone internally, for your own peace, even if you will never see them again.
3. Forgiveness helps us emotionally as much or more as it does the person we forgive.

HOW CAN YOU HELP?

- When your child is mad about something, have him or her write that thing down on a piece of paper,

say, "I forgive you," to the person they are mad at, then tear the paper up.

- Forgive your children for their mistakes. Take disciplinary action as needed, but after the punishment is complete, do not continue to mention the mistake.
- Apologize to them when you make mistakes.

NOTE: Forgiveness does not mean letting the same person hurt us again and again. If you or your child are dealing with a situation in your lives where the risk of being hurt is too great if you continue to associate with a certain person, explain that it is possible to forgive someone for a serious wrongdoing without letting them back into your life in the same capacity as before, or at all.

FORGIVENESS

FORGIVENESS IS WHEN SOMEONE HURTS YOU, AND YOU STILL CHOOSE TO SAY, "IT'S OKAY; I WILL BE OKAY, AND I FORGIVE YOU."

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Week 1
Due by Friday, July 10



“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”
~Mark Twain

What is Forgiveness?

As this quote by Mark Twain suggests, forgiveness isn't an automatic fix that takes everything back to normal. The flower is still broken; however, not everything good about it has been lost. Forgiveness is when someone hurts you, and you still choose to say, “It's okay; I will be okay, and I forgive you.”

1) Have you ever had to forgive anyone?

2) Did it make the hurt stop right away?

Week 1
Due by Friday, July 10



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents to sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (please print)

Parent Name (please Print)



“Without forgiveness, there’s no future.” ~Desmond Tutu

If we can’t forgive, we’re stuck in place!

Have you ever been mad at a friend, sibling, or parent? Maybe they accidentally broke one of your toys or spilled juice on your favorite shirt. Mistakes like that happen.

But, do you still love that friend or your sibling or Mom or Dad? You forgave them, right? But imagine if you stayed angry forever. You wouldn’t have that person in your life. Eventually, you would be very, very lonely.

1) When was a time that you did something wrong and made someone else upset?

2) How did it feel when they were mad at you?

3) What if no one ever forgave you for any mistake you ever made?

Week 2
Due by Friday, July 17



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents to sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (please print)

Parent Name (please print)

*Week 3
Due by Friday, July 24*



*“Mistakes are always forgivable, if one has the courage to admit them.”
~Bruce Lee*

*Sometimes, we have to ask for forgiveness as well as
being willing to give it!*

We've all made mistakes, right? Usually, the mistakes we make are small (like messing up a drill in karate class), or they only affect us (like stubbing a toe because we weren't looking where we were going).

However, sometimes our mistakes hurt other people, whether we meant to or not. When something we say or do hurts someone else, it's important to apologize and ask for forgiveness.

1) When was the last time you had to say you were sorry?

2) Did you want the other person to forgive you?

Week 3
Due by Friday, July 24



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (please print)

Parent Name (please print)

*Week 4
Due by Friday, July 31*



*“There is no revenge so complete as forgiveness”
~Josh Billings*

Forgiveness is as important to ourselves as it is to those we forgive.

Most of the time when people hurt us, it is on accident. They might make a joke they don't realize will hurt our feelings or break something of ours. These mistakes are easy to forgive.

However, there are some people who will try to hurt us on purpose. Bullies usually feel bad about themselves and try to make others feel bad too. If you can forgive them, you take away their power to make you feel bad.

1) Have you ever encountered a bully?

2) How did you deal with the bully?

Week 4
Due by Friday, July 31



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents to sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (please print)

Parent Name (please print)