

Horizon ATA Parent Guide Pack

Free printable guides for confidence, focus, self-control, safety, and positive life skills.

Created by: Horizon ATA Martial Arts | Parent Resources Guide Pack | Last reviewed: June 2026

How to use this pack

Click any guide title below to jump directly to that section. You can also use the PDF bookmarks/sidebar.

Table of Contents

1

Parent Guide to Building Focus at Home

Build attention, listening, body control, and follow-through at home.

Starts on page 2

[CLICK TO JUMP](#)

2

Parent Guide to Helping Kids Reset Big Feelings

Teach kids to pause, think, choose, and try again when frustration or overwhelm gets big.

Starts on page 7

[CLICK TO JUMP](#)

3

Parent Guide to Screen-Time Transitions

Help kids stop screen time calmly, use respectful words, and move to the next activity.

Starts on page 12

[CLICK TO JUMP](#)

4

Parent Guide to Helping Kids Set and Reach Goals

Help kids choose one clear goal, make a plan, take small steps, and keep going.

Starts on page 17

[CLICK TO JUMP](#)

5

Parent Guide to Bully Response

Build confidence, strong words, safe choices, and a trusted support plan.

Starts on page 22

[CLICK TO JUMP](#)

6

Parent Guide to Stranger Safety

Practice check first, keep space, use a Loud & Clear Voice, move to safety, and tell a safe adult.

Starts on page 28

[CLICK TO JUMP](#)

Need individual worksheets and activity pages?

Visit the Horizon ATA Parent Resources page for matching worksheets, coloring pages, and family tools.

horizonata.com/parent-resources/



Live a Life You Are Proud Of!

Parent Guide to Building Focus at Home

A practical guide to help kids pay attention, follow through, and build focus using their eyes, ears, mind, and body.

Created by: Horizon ATA Martial Arts
Parent Resources Guide
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Why Focus Matters

Focus is not just sitting still.

Focus is a skill kids can practice by watching, listening, thinking, and controlling their body. At Horizon ATA Martial Arts, we teach students that focus means paying attention with more than one part of themselves. True focus uses the eyes, ears, mind, and body.

For parents, this matters because focus shows up everywhere:

- getting ready in the morning
- listening the first time
- starting homework
- finishing chores
- transitioning away from screens
- reading
- following directions at school
- staying calm when frustrated

When a child struggles with focus, it does not always mean they are being disrespectful or lazy. Many kids need focus broken down into smaller, clearer skills. Instead of only saying, 'Pay attention,' we can teach children what paying attention actually looks like.

At home, focus can be practiced the same way we practice a martial arts skill: clearly, consistently, and with encouragement.



Horizon Life Skill Connection

Primary Life Skills: Focus, Discipline, Confidence

Supporting Life Skills: Listening, Responsibility, Self-Control

In our [kids martial arts classes](#), students practice focus through listening, movement, repetition, and self-control. They learn that focus is not about being perfect. It is about bringing their attention back when they get distracted and trying again.

For younger children, our [ATA Tigers classes](#) introduce focus through age-appropriate movement, games, listening practice, and body control.

Focus Uses the Whole Student



EYES

Watch and notice what matters.



EARS

Listen carefully and take in information.



MIND

Think, remember, and make good choices.



BODY

Control movements and stay calm and ready.





The Four Levels of Focus

At Horizon ATA, we talk about the four levels of focus: Eyes. Ears. Mind. Body. This gives kids a clear way to understand focus. Instead of focus being an invisible idea, it becomes something they can see, hear, feel, and practice.



EYES

1. Eyes: Watching

Eyes are the first level of focus. A child using focused eyes can: look at the person speaking, watch the demonstration, notice what is happening, look at the task in front of them, and follow visual directions.

At home, this might sound like:

"Use your focus eyes and look at the paper."

"Watch me first, then you try."

"Look at what needs to be cleaned up."



EARS

2. Ears: Listening

Ears are the second level of focus. A child using focused ears can: hear the direction, listen the first time, notice important details, wait until the speaker is finished, and repeat back what they heard.

At home, this might sound like:

"Use your listening ears."

"What did you hear me ask?"

"Repeat the first step back to me."



MIND

3. Mind: Thinking

The mind is the third level of focus. A child using a focused mind can: understand what is being asked, remember the next step, stay with the task, make a plan, and notice when they are getting distracted.

At home, this might sound like:

"What is your first step?"

"What do you need to remember?"

"What can you do if you get stuck?"



BODY

4. Body: Control

The body is the fourth level of focus. A child using a focused body can: keep their body ready, stay safe and controlled, sit, stand, or move with purpose, keep hands and feet under control, and return to the task after a break.

At home, this might sound like:

"Show me a ready body."

"Keep your body calm while I explain."

"Take a movement break, then come back ready."



Parent Reminder

A child can struggle with one level of focus while doing well with another. That is why it helps to name the specific focus skill you want to see. Instead of saying "Focus!" try:

- "Use your eyes and ears."
- "Show me a ready body."
- "Tell me the first step."
- "Bring your mind back to the task."



EYES



EARS



MIND



BODY



How to Build Focus at Home

Focus improves when kids know what is expected, have a clear routine, and receive encouragement for effort. Experts often recommend clear routines, smaller steps, and visual supports when kids struggle to stay on task.¹

The goal is not to make home feel like school or turn every moment into a lesson. The goal is to make focus easier to practice.

1 Strategy 1: Make the task clear

Many focus problems begin because the child does not fully understand what to do.

Instead of	Try
Clean your room.	Put your clothes in the hamper first. Then come back to me.
Do your homework.	Start with the first five math problems. When those are done, we will check in.



Parent Script

Your first step is _____.
When that is done, come show me.

2 Strategy 2: Use short focus windows

Kids often focus better in short, successful blocks. A child who cannot focus for 30 minutes may be able to focus for 5–10 minutes with a clear goal.

- 5 minutes of reading
- 10 minutes of homework
- one chore at a time
- one section of a worksheet
- one part of the morning routine

The CDC notes that breaks and movement can help children reset because paying attention takes effort and can be tiring.²



Parent Script

Let's focus for 10 minutes.
Then we will take a quick reset break.

3 Strategy 3: Build routines

Routines reduce the number of decisions a child has to make. When kids know what comes next, focus becomes easier.

- after-school routine
- homework routine
- bedtime routine
- morning routine
- screen-time transition routine

A Simple Homework Routine



Parent Script

We do this in the same order each time so your brain knows what to expect."

4 Strategy 4: Praise the focus skill

Do not only praise the finished product. Praise the focus skill you saw.

- ★ "I noticed you started the first time."
- ★ "You kept your body ready."
- ★ "You brought your mind back after getting distracted."
- ★ "You listened and followed through."
- ★ "You finished strong."



This helps kids understand that focus is something they can practice and improve.

Focus Routine Flow



Focus Problems and What to Say

Kids do not always lose focus for the same reason. A child may be tired, hungry, overwhelmed, bored, frustrated, distracted, or unsure where to start. Before correcting the behavior, try to identify the focus problem.



1 If your child is not starting

They may not know the first step, or the task may feel too big.

Try saying:

- "Let's choose the first step."
- "You do the first one, then I'll check in."
- "Start small. What can you do first?"



2 If your child keeps getting up

They may need movement before they can focus again.

Try saying:

- "Take a quick movement reset, then come back."
- "Do 10 jumping jacks, then show me a ready body."
- "Your body needs a break. Then we return to the task."



3 If your child is rushing

They may want to be done more than they want to do it well.

Try saying:

- "Slow focus is strong focus."
- "Check your work before you finish."
- "Finishing strong means doing the last step well."



4 If your child is arguing

They may be avoiding the task or struggling with the transition.

Try saying:

- "I hear that you do not want to do it. The first step is still _____."
- "Use a respectful voice and tell me what feels hard."
- "You can be frustrated and still make a good choice."



If your child melts down

They may need a reset before they can focus.

Try saying:

- "Let's calm your body first."
- "Take a breath. We will try again in a minute."
- "Your focus can come back after your body resets."



For these moments, the [Self-Control Reset Sheet for Kids](#) can be a helpful companion resource.

Common Mistakes to Avoid



Avoid giving too many directions at once.

It overwhelms your child and blocks focus.



Avoid repeating the same direction louder and louder.

It increases resistance and shuts down listening.



Avoid turning every focus struggle into a lecture.

It creates defensiveness instead of solutions.



Avoid expecting perfect focus.

Focus is a skill being built, not a switch.



Avoid using the worksheet as punishment.

It teaches fear, not growth or self-control.

Using the Focus Chart and Related Resources

The Kids Focus Chart is designed to make focus visible. It helps parents and children notice the specific focus skills being practiced each day.



Use this guide with:

Kids Focus Chart
Sample at-home tool to build better listening, effort, and follow-through.

Name: _____ Week of: _____

1 MY FOCUS MISSION
This week, I will focus on:
☐ Homework ☐ Chores
☐ Reading ☐ Bedtime routine
☐ Morning routine ☐ Other: _____

2 FOCUS MEANS I CAN...
 1. Get my body ready: I take a deep breath, sit up tall, and get set.
 2. Use listening eyes and ears: I look at the person talking and nod my head.
 3. Start the first time: I begin right away without needing to be told.
 4. Stay with the task: I keep working and don't give up.
 5. Finish strong: I make my work and do my best all the way.

3 MY FOCUS CHART — I CAN DO THIS! Color a star each day you show focus!

Day	Body Ready	Listening Eyes & Ears	Started the First Time	Stayed With It	Finished Strong	Parent Praise
Monday	★	★	★	★	★	○
Tuesday	★	★	★	★	★	○
Wednesday	★	★	★	★	★	○
Thursday	★	★	★	★	★	○
Friday	★	★	★	★	★	○
Saturday	★	★	★	★	★	○
Sunday	★	★	★	★	★	○

4 WHEN I EARN 5 STARS, I CAN CHOOSE:
☐ Pick a family game ☐ Special time with Mom/Dad
☐ Choose dinner ☐ Park/outing/trip
☐ Extra bedtime story ☐ Other: _____

5 PARENT TIP
 • Keep the goal simple.
 • Praise effort.
 • Use the chart to build habits, not punish mistakes.

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Kids Focus Chart

A simple worksheet to track focus skills.

- homework focus
- reading focus
- morning routine focus
- chore focus
- bedtime routine focus
- listening the first time
- finishing strong



How to use it

- 1 Choose one focus mission for the week.
- 2 Examples: "This week, we are practicing homework focus."
"This week, we are practicing morning routine focus."
"This week, we are practicing listening the first time."
- 3 At the end of the activity, mark the focus skills your child practiced: Body Ready, Listening Eyes & Ears, Started the First Time, Stayed With It, Finished Strong.
- 4 Keep the tone positive. If your child does not earn every star, that is okay. The goal is to notice effort and build habits.

Related Horizon Parent Resources



Listening Chart for Kids

Use this when your child needs more practice with listening, following directions, and respectful communication.



Self-Control Reset Sheet for Kids

Use this when big feelings, frustration, or body control are getting in the way of focus.



Screen-Time Transition Guide for Kids

Use this when screen time makes it hard to move to homework, dinner, chores, bedtime, or another activity.



Goal Setting Worksheet & Goal Progress Tracker

Use these when your child is working toward a bigger goal and needs help breaking it into smaller steps.



Horizon Connection

Focus is one of the life skills students practice every week at Horizon ATA. Our [Horizon life skills](#) approach helps students connect what they learn on the mat to home, school, and everyday life.

For many children, focus becomes easier when they practice it through movement, structure, repetition, encouragement, and clear expectations. That is why martial arts can be such a helpful activity for kids who need support with attention, confidence, and follow-through. Families can learn more about focus and self-control in our blog on [how martial arts supports kids with ADHD](#).



Want More Support?

Want your child to build confidence, discipline, and life skills in a positive environment?

Learn more about the [New Student Experience](#) at Horizon ATA Martial Arts.



Helpful Sources

1. Dawson, P. (2026, February 6). Strategies to make homework go more smoothly. Child Mind Institute. <https://childmind.org/article/strategies-to-make-homework-go-more-smoothly/>
2. Centers for Disease Control and Prevention. (2026, June 1). ADHD in the classroom. <https://www.cdc.gov/adhd/treatment/classroom.html>



Educational Note

This guide is for educational support and general parent guidance. It is not a substitute for medical, mental health, educational, or school-specific advice. If your child has ongoing challenges with attention, learning, emotional regulation, or behavior, consider speaking with your child's teacher, pediatrician, or a qualified professional.

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Parent Guide to Helping Kids Reset Big Feelings

A practical guide to help kids calm their body, use their words, and make a better choice after frustration, anger, or overwhelm.

Created by: Horizon ATA Martial Arts
Last reviewed: June 2026



1 Why Big Feelings Need a Reset Plan

Big feelings are a normal part of being a kid. Frustration, anger, and overwhelm happen to everyone.

The goal is not to stop feelings. The goal is to teach kids what to do when their feelings get too big so they can make better choices.

At Horizon ATA, we teach that self-control means being able to pause and start your body. That's how kids build stronger habits and more confidence every day.¹



Self-control means being able to pause and start your body.

Self-control also means thinking before acting and remembering that every action has a consequence — good or bad.

2 Core Message

Big feelings are allowed. Hurtful actions are not.

- Pause your body.
- Notice what you feel.
- Think before acting.
- Use your words.
- Choose a better action and try again after a mistake.

3. Horizon Life Skill Connection

Primary Life Skills: Self-Control, Discipline, Respect

Supporting Life Skills: Focus, Responsibility, Communication, Confidence

When kids reset their big feelings, they strengthen self-control. That skill supports success at home, at school, and in every part of life.

4. Parent Reminder

Patience is key to growth. But patience does not mean letting everything go.

- You can be calm and kind while still holding the line.
- Your child needs steady adults who lead.
- Small, consistent resets build lifelong self-control.
- You are not alone — your effort makes a difference.

Our Reset Framework

We teach kids a simple process they can use anytime big feelings take over.



PAUSE
Stop and calm your body.



THINK
Notice, choose, and plan.



CHOOSE
Pick a better action.



TRY AGAIN
Reset and keep growing.

*Practice now.
Use it later.
Build it for life.*

¹ Supported by: American Academy of Pediatrics. (2021). Helping Children Manage Big Emotions. HealthyChildren.org

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The Horizon Reset Framework

Pause. Think. Choose. Try Again.

Big feelings are a normal part of being a kid. The Horizon Reset Framework gives children a simple path to follow when their emotions feel too big. With practice and your support, these steps become habits that build self-control, confidence, and better choices every day. ¹



1 PAUSE

Pause means the child stops the action before it gets worse. This gives the body a chance to calm down and the brain a chance to catch up.

- Take one breath.
- Put hands by your side.
- Step away, sit down, or set down the object.

Parent Script:
*"Pause your body first.
 Then we can solve
 the problem."*
 ★
*"Take one breath.
 I'll wait."*

2 THINK

Think means the child notices what is happening. The thinking brain is powerful, but it is not always ready right away. ¹

- What am I feeling?
- What does my body want to do?
- What will happen if I do that?
- What is a better choice?

Parent Script:
*"What is your body
 telling you?"*
 ★
*"What choice are you
 about to make?"*

3 CHOOSE

Choose means the child picks a better action. Good choices help the child feel proud and build stronger habits.

- Use words.
- Ask for help.
- Take space.
- Accept no.
- Apologize.
- Fix what happened.
- Move to the next activity.

Parent Script:
*"You can be upset and
 still make a good choice."*
 ★
*"What is the next
 right thing?"*

4 TRY AGAIN

Try again means the mistake is not the end of the story. Every reset is a new chance to do better.

- Say it again respectfully.
- Pick up what was thrown.
- Apologize.
- Finish the task.
- Go back to the routine.

Parent Script:
*"That was not the right
 choice. Now show me
 the better one."*
 ★
*"Let's reset and do
 the next step."*



PAUSE



THINK



CHOOSE



TRY AGAIN



Big feeling happens.



I pause and breathe.



I think about my choice.



I choose a better action.



I try again and keep going.

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Feelings Are Allowed. Actions Have Consequences.

A strong self-control plan needs both empathy and expectations.

If a parent only focuses on the feeling, the child may not learn responsibility.

If a parent only focuses on the consequence, the child may not learn how to manage the feeling.

The balance is: *"I understand your feeling. I will still hold the boundary."*



Feelings are allowed.

- Angry
- Sad
- Embarrassed
- Disappointed
- Frustrated
- Nervous
- Overwhelmed



Actions still have limits.

- Hit
- Kick
- Throw things
- Scream at people
- Hurt others
- Destroy property
- Threaten
- Refuse every direction without consequence



HealthyChildren.org encourages parents to help children notice, name, and acknowledge big feelings while still supporting healthy boundaries.²

Parent Scripts That Balance Both



When a child is angry:

"I can see you are angry. It is okay to feel angry. It is not okay to **hit**."



When a child is disappointed:

"You are disappointed because the answer is no. I understand. The answer is **still** no."



When a child yells:

"You can be upset, but you may not yell at me. Pause your body and try again with **respect**."



When a child throws something:

"You were frustrated. Throwing was not okay. Now you need to pick it up and **reset**."

Good and Bad Consequences

Good choices can lead to:



- More trust
- More independence
- More privileges
- More confidence
- More praise
- Better relationships

Poor choices can lead to:



- Loss of privilege
- Repair damage
- Less freedom
- Extra supervision
- Apologizing
- Trying again before moving on



Parent Reminder

A consequence should teach, not just punish. It should be connected, calm, clear, realistic, and followed through.

² Source: HealthyChildren.org.
(2023). Setting limits.
healthychildren.org/English/ages-stages/
preschool/Pages/Setting-Limits.aspx

Common Big Feeling Moments at Home

Every family has moments when emotions get big. The key is to practice a reset plan before the moment becomes too large. Here are common situations where parents can use the **Pause. Think. Choose. Try Again.** framework.



1

Screen Time Ending



Transitions from screen time to the next activity can be tough. A calm plan helps prevent a meltdown.

Parent Plan

- Give a warning.
- Keep it simple.
- Use the same transition routine.
- Move directly to the next activity.

Parent Scripts

- “You have five minutes left. When the timer goes off, pause your body and turn it off.”
- “Your next choice is how you transition.”



2

Being Told “No”



Hearing “no” can bring big feelings. Kids need to feel heard while learning the boundary stays the same.

Parent Plan

- Acknowledge the feeling.
- Keep the boundary.
- Do not over-explain.
- Offer a better action.
- Praise recovery.

Parent Scripts

- “I know you are disappointed. The answer is still no.”
- “You handled that no with self-control.”



3

Homework Frustration



Homework can bring frustration, confusion, or feeling overwhelmed. A reset helps kids stay engaged and keep trying.

Parent Plan

- Pause the body.
- Break the task into one small step.
- Use a short reset break.
- Return to the task.
- Praise effort.

Parent Scripts

- “Let’s pause, breathe, and do one problem.”
- “Trying again after frustration is self-control.”



4

Sibling Conflict



Arguments and fights happen. Kids need help staying safe, using words, and repairing the relationship.

Parent Plan

- Separate bodies if needed.
- Name the problem.
- Have each child use words.
- Repair harm.
- Practice the better choice.

Parent Scripts

- “Hands stay to yourself.”
- “What can you say instead?”



5

Losing, Mistakes, or Being Corrected



Disappointment from losing, making mistakes, or being corrected can feel hard. Kids need to learn that setbacks help them grow.

Parent Plan

- Normalize the feeling.
- Keep the expectation.
- Connect self-control to growth.

Parent Scripts

- “Losing does not feel good. How you act after losing matters.”
- “You can reset and try again.”



Quick Parent Check

When big feelings start to show up, ask yourself:

- ☐ Is my child unsafe or just upset?
- ☐ Do they need fewer words?
- ☐ Do they need space?
- ☐ Do they need help naming the feeling?
- ☐ Do they need a consequence or a reset first?

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Using the Self-Control Reset Sheet and Related Resources



The Self-Control Reset Sheet for Kids is the main matching worksheet for this guide. It helps children slow down, notice what they feel, name what happened in their body, choose a reset plan, and think about what they can do differently next time.

Use this guide with: Self-Control Reset Sheet for Kids

Self-Control Reset Sheet for Kids
A simple tool to help kids calm their body, use their words, and make a better choice.

Name: _____ Week of: _____

1 HOW I FEEL

Right now, I might feel:

☐ Angry	☐ Overwhelmed
☐ Frustrated	☐ Left out
☐ Sad	☐ Disappointed
☐ Nervous	☐ Other _____
☐ Embarrassed	

My body may feel like:

☐ Tight fists	☐ Wanting to cry
☐ Fast breathing	☐ Wanting to yell
☐ Loud voice	☐ Shutting down

2 SELF-CONTROL MEANS I CAN...

1 Notice my feelings	I pay attention to what my body and emotions are telling me.
2 Pause before I react	I can stop, breathe, and slow my body down.
3 Use calm choices	I keep my hands to myself, lower my voice, and stay safe.
4 Use my words	I can say what I need instead of yelling or shutting down.
5 Try again	I can repeat and make a better choice, even after a hard moment.

3 MY RESET PLAN — I CAN DO THIS! Use these steps when big feelings happen!

STEP 1: Pause ☐ Stop my body ☐ Keep my hands to myself ☐ Stand or sit safely

STEP 2: Breathe ☐ Take 3 deep breaths ☐ Breathe in slowly ☐ Breathe out slowly

STEP 3: Calm My Body ☐ Relax my shoulders ☐ Unclench my hands ☐ Use a quiet voice ☐ Look forward and later

STEP 4: Use My Words ☐ "I need a break." ☐ "I feel frustrated." ☐ "Can you help me?"
☐ "I need a minute." ☐ "I'm ready to try again."

STEP 5: Make a Better Choice ☐ Try again ☐ Go back calmly ☐ Ask for help ☐ Solve the problem respectfully

4 MY RESET CHECK-IN

What happened? _____

What helped me calm down? _____

What is one better choice I can make now? _____

I am proud because... _____

5 PARENT TIP

- Self-control is not about never having big feelings.
- Help your child slow their body first.
- Encourage them to use words and try again.
- Praise pausing, asking for help, and making a better choice.

"Let's calm your body first." "Take a breath and reset." "Use your words."

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- 1 Use it after your child is calm enough to think.
- 2 Keep it short and simple.
- 3 Focus on the next better choice, not on blame.
- 4 Use it consistently so it becomes a helpful habit.

Related Horizon Parent Resource: Screen-Time Transition Guide for Kids

Screen-Time Transition Guide for Kids
A simple tool to help kids stop screen time calmly and move to the next activity.

Name: _____ Week of: _____

1 MY SCREEN-TIME GOAL

This week, I want to practice:

☐ Turning off screens the first time	☐ Following directions without arguing
☐ Using a calm body	☐ Saying or pausing when it is time
☐ Using a respectful voice	☐ Other _____
☐ Moving to the next activity	

The screen I am practicing with most is:

☐ TV	☐ Tablet	☐ Video games
☐ Phone	☐ Computer	☐ Other _____

2 SCREEN-TIME SUCCESS MEANS I CAN...

1 Hear the warning	I can listen when an adult tells me screen time is almost over.
2 Pause calmly	I can stop what I'm doing without yelling, arguing, or making a scene.
3 Use my words	I can ask a question or respond respectfully.
4 Reset my body	I can take a breath, put the screen down, and get ready for what is next.
5 Move to the next activity	I can transition to homework, dinner, bath, bedtime, chores, or family time.

3 MY TRANSITION PLAN — I CAN DO THIS! Practice these steps when screen time ends!

1 Get the Warning ☐ I hear the 5-minute warning ☐ I hear the 2-minute warning ☐ I know stopping time is coming ☐ I ask, "What do I need to finish or save?"

2 Pause or Save ☐ Place the screen ☐ Save the game ☐ Finish the level or mission if allowed ☐ Close the app ☐ Put the device down safely

3 Reset My Body ☐ Take a deep breath ☐ Keep my hands calm ☐ Use a quiet voice ☐ Keep my body under control ☐ Look at the adult speaking

4 Use Respectful Words ☐ Okay ☐ Can I save this first? ☐ What is next? ☐ Can you help me transition? ☐ I need one minute to reset

5 Move to the Next Activity ☐ Homework ☐ Dinner ☐ Bath ☐ Bedtime ☐ Chores
☐ Reading ☐ Outside play ☐ Family time ☐ Other _____

4 MY TRANSITION CHECK-IN

What felt hard about stopping? _____

What helped me transition? _____

What is one good choice I made? _____

What can I do better next time? _____

5 PARENT TIP

- Give a clear warning before stopping.
- Let your child know what comes next.
- Keep the routine consistent.
- Stay calm and avoid long arguments.
- Praise a calm transition quickly.
- Practice the plan before screen time starts.

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Horizon Connection

Self-control is practiced every week at Horizon ATA through listening, waiting turns, controlling movement, and thinking before acting. Our instructors guide students to stay focused, make better choices, and try again when things get hard. Read more about focus and self-control on our blog at [how martial arts supports kids with ADHD](#) and in our article on [self-control for young children](#).



Want More Support?

Want your child to practice self-control, confidence, discipline, and respect in a positive environment?

Learn more about the [New Student Experience](#) at Horizon ATA Martial Arts.



Helpful Sources

1. Miller, C. (2025, August 27). How to help children calm down. Child Mind Institute. Clinical experts: Lindsey Giller, PsyD, and Stephanie Samar, PsyD.
2. Shah, P. (2024, November 7). Helping little people manage big feelings. HealthyChildren.org. American Academy of Pediatrics.



Educational Note

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FREE
PARENT GUIDE



PARENT GUIDE TO SCREEN-TIME TRANSITIONS

Help your child stop screen time calmly, use respectful words, and move to the next activity with less arguing and more success.

Screen time is not the problem by itself. For many families, the hardest part is the transition out of it. A child may be deeply focused, emotionally invested, overstimulated, or simply disappointed that the fun is ending.

Like any other life skill, transitioning away from screens can be taught, practiced, and improved over time.

You have
5 more minutes,
then we
transition.



THIS GUIDE WILL HELP YOU:



understand why screen-time transitions can be hard



teach a simple step-by-step transition plan



reduce arguing, stalling, and emotional blowups



build respectful habits and follow-through at home



RELATED WORKSHEETS

Use these with your child to practice and build success!

1

Screen-Time Transition Guide for Kids

A step-by-step plan to help kids stop screen time calmly and move to the next activity.

2

Self-Control Reset Sheet for Kids

A quick reset tool for big feelings so kids can calm their body, use their words, and make better choices.

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1 of 5



WHY SCREEN-TIME TRANSITIONS ARE HARD

A smoother transition starts with understanding what your child is experiencing.

Many children do not struggle with screen time itself as much as they struggle with stopping. Screens are exciting, rewarding, and deeply engaging, so shifting away from them can feel abrupt and frustrating.

Just one more minute!



WHAT PARENTS OFTEN SEE

- arguing
- ignoring directions
- “one more minute” requests
- whining or melting down
- trouble moving on to homework, dinner, bath, or bedtime



WHY IT HAPPENS

- deep focus and reward loops
- disappointment when fun ends
- uncertainty about what comes next
- overstimulation
- difficulty shifting attention



A HEALTHY FAMILY APPROACH

The American Academy of Pediatrics recommends creating a family media plan that fits your routines, including screen-free zones and one screen at a time.¹

The CDC also recommends limiting recreational screen time and encouraging sleep, movement, family time, and other healthy routines.²



MINDSET SHIFT

Stopping screen time is not a punishment. It is a life skill transition.



¹ American Academy of Pediatrics. (2016). Media use in school-aged children and adolescents.

² Centers for Disease Control and Prevention. (2024). Screen time and young children.

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The Horizon Screen-Time Transition Plan

Teach one simple routine and practice it the same way each time.



1 GIVE THE WARNING

Let your child know screen time is ending soon:

"You have 5 minutes left."

"When this show ends, we are done."



2 PAUSE OR SAVE

Teach your child to stop safely: pause the show, save the game, or close the app.



3 RESET THE BODY

Take a deep breath, put the device down carefully, lower the voice, and get ready to move on.



4 USE RESPECTFUL WORDS

Practice short responses like:

"Okay."

"Can I save this first?"

"What is next?"



5 MOVE TO THE NEXT ACTIVITY

Go directly into the next step: homework, dinner, bath, bedtime, reading, chores, outside play, or family time.



KEY PRINCIPLE:

The smoother the next step is, the easier the transition becomes.



TIP: Tell children what comes next before screen time begins. Predictability helps.

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What Parents Can Say

Calm, short, consistent language helps children transition with less stress.



1 BEFORE SCREEN TIME

- “When the timer ends, it is time to stop.”
- “Today you may watch one show, then we move to dinner.”
- “You can play for 20 minutes, then we transition.”

2 DURING THE WARNING

- “You have 5 more minutes.”
- “Two more minutes.”
- “Please think about what you need to finish.”

3 AT TRANSITION TIME

- “It is time to pause and transition.”
- “Pause it, put it down, and take a breath.”
- “Use your words if you need help.”

4 IF YOUR CHILD PROTESTS

- “I hear that you want more time.”
- “It is still time to stop.”
- “You may be upset, and you still need to transition.”
- “I can help you do this calmly.”

5 PRAISE STATEMENTS

- “You turned it off the first time.”
- “Nice job using a calm body.”
- “Thank you for asking respectfully.”
- “You were disappointed, but you still transitioned.”

★ WHAT HELPS MOST

-  Stay calm.
-  Avoid long debates.
-  Avoid repeating directions too many times.
-  Praise the first small success.
-  Be consistent, not harsh.



★
*Calm, clear, consistent
beats loud, long,
and emotional.*

➤ ★ ➤
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When Transitions Keep Going Badly

Look at the system first, then make small adjustments and keep practicing.



1 6 THINGS TO CHECK

- 1 Is the expectation clear?
- 2 Are you giving a warning?
- 3 Is the next step ready?
- 4 Are you staying calm?
- 5 Are you being consistent?
- 6 Are you praising success?

2 ADJUSTMENTS TO TRY

- Shorter screen sessions
- Fewer transitions in one day
- No screens right before bed
- Turn off autoplay when possible
- Make the next activity clear and ready
- Use the same routine every time

3 FINAL ENCOURAGEMENT

Screen-time transitions do not improve because children are yelled at more. They improve because children are taught more clearly, practiced more consistently, and guided more calmly. Small wins matter.



4 HORIZON ENCOURAGEMENT

At Horizon ATA, we help kids build focus, self-control, listening, confidence, and follow-through on and off the mat.



RELATED RESOURCES

Use these resources with your child to practice and build success!



Screen-Time Transition Guide for Kids

A simple step plan to help kids stop screen time calmly and move to the next activity.



Self-Control Reset Sheet for Kids

A quick reset tool to help kids calm their body, use their words, and make better choices.

REFERENCES

1. American Academy of Pediatrics. (n.d.). *How to Make a Family Media Plan*. HealthyChildren.org.
2. Centers for Disease Control and Prevention. (n.d.). *Tips to Support Healthy Routines for Children and Teens*.



Progress may start small: fewer arguments, faster pausing, calmer body language, and smoother movement to the next activity.



➤ ★ ⚡ ⚡ ➤
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Parent Guide to Helping Kids Set and Reach Goals

A practical guide to help kids choose one clear goal, make a plan, take small steps, stay focused, and follow through.

Created by: Horizon ATA Martial Arts | Parent Resources Guide | Last reviewed: June 2026



★ GOALS TEACH MORE THAN ACHIEVEMENT

Goal setting is not just about getting something done. It helps kids learn how to choose a goal, make a plan, take action, stay focused, ask for help, and keep going when the goal feels hard.

Confidence grows through effort, practice, and follow-through over time.

➤ *Goals help kids learn how to keep going.* ➤

✓ CORE MESSAGE

**A goal is not just something I want.
A goal is something I work toward
one step at a time.**

Strong goal-setting habits help kids grow.

- ✓ Choose one clear goal
- ✓ Make a simple plan
- ✓ Take one small step
- ✓ Stay focused
- ✓ Ask for help
- ✓ Keep going
- ✓ Notice progress
- ✓ Celebrate effort



⌘ HORIZON LIFE SKILL CONNECTION



Primary Life Skills:

Discipline, Responsibility, Focus, Confidence



Supporting Life Skills:

Perseverance, Self-Control, Belief, Respect

In martial arts, students work toward skills, stripes, belts, and habits over time. They learn that big goals are built from small, consistent steps—and that discipline and effort make progress possible.



PARENT REMINDER

The goal is not to make kids perfect. The goal is to help kids practice effort, ownership, and progress. When parents praise the process, kids learn that the work matters just as much as the finish line.



★
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The Horizon Goal-Setting Framework

Choose One Goal. Make a Plan. Take Small Steps. Stay Focused. Follow Through.

Created by: Horizon ATA Martial Arts | Parent Resources Guide | Last reviewed: June 2026



1 CHOOSE ONE CLEAR GOAL

Kids do best when they choose one clear goal instead of trying to fix everything at once. One goal helps them focus their energy and succeed.



EXAMPLES OF CLEAR GOALS

- ★ Practice my form three times this week.
- ★ Read for 10 minutes each night.
- ★ Make my bed before school.
- ★ Use listening eyes and ears during homework.
- ★ Finish my chores without reminders.

2 MAKE A PLAN

A goal needs a plan. The plan tells you what to do next so you are not guessing.



A GOOD PLAN INCLUDES:

- When to practice
- Where to practice
- Who can help
- What the first step is
- What to do if it gets hard
- How to know you are making progress

3 TAKE ONE SMALL STEP

Big goals feel easier when kids focus on one small step at a time. Small steps build momentum and confidence.



PARENT SCRIPT

You do not have to finish the whole goal today. You only need to take the next step.

4 STAY FOCUSED

Focus helps kids stay on task even when there are distractions. Use the Horizon focus language.

- Get your body ready.
- Use listening eyes and ears.
- Start the first time.
- Stay with the task.
- Finish strong.



5 ASK FOR HELP

Asking for help is part of goal setting. Helpers can support, encourage, and guide you.



EXAMPLES OF HELPERS

- Parent • Teacher • Coach
- Instructor • Teammate
- Sibling • Friend

6 KEEP GOING

Goals often get hard. Forgetting, frustration, nervousness, or wanting to quit is normal. The key is to keep trying.



PARENT SCRIPT

This feels hard right now, but hard does not mean impossible. What can you try next?

7 NOTICE PROGRESS

Noticing progress helps kids see that effort leads to growth. Celebrate small wins!



- ✓ Remembered my goal today.
- ✓ Took one small step.
- ✓ Kept going when it was hard.
- ✓ Asked for help.
- ✓ Practiced a little more.
- ✓ Finished strong.
- ✓ Learned what to try next.



EXPERT NOTE

Planning, focusing attention, and managing steps are executive function skills that help children set goals and follow through.

— Harvard Center on the Developing Child

★
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What Parents Can Do

Coach the process. Do not carry the goal.

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1 START WITH THE CHILD'S GOAL

Kids are more likely to keep going when the goal feels connected to them.

Ask questions that help your child own the goal:

- ✓ What is something you want to get better at?
- ✓ Why does this goal matter to you?
- ✓ What would make you proud this week?
- ✓ What is one goal that feels possible?
- ✓ What would be a good first step?



2 KEEP THE GOAL SIMPLE

Clear goals are easier to remember and act on.

VAGUE GOALS

Be better at school

Be more responsible

Get better at martial arts

CLEAR GOALS

Put my homework folder in my backpack every night.

Feed the dog after dinner each day.

Practice my form for 10 minutes, three times this week.

3 HELP WITHOUT TAKING OVER



HELPFUL SUPPORT

- ✓ Ask guiding questions
- ✓ Help remember the plan
- ✓ Practice together
- ✓ Give encouragement
- ✓ Help reset after a mistake
- ✓ Celebrate effort



LESS HELPFUL SUPPORT

- ✗ Do the goal for the child
- ✗ Turn the goal into a lecture
- ✗ Criticize every mistake
- ✗ Change the goal constantly
- ✗ Make the goal only about rewards
- ✗ Expect perfection

4 PRAISE PROGRESS, NOT JUST RESULTS

Use specific praise that connects to the effort and the steps.

- ✓ "I noticed you started right away."
- ✓ "You kept going even when it felt hard."
- ✓ "You asked for help instead of quitting."
- ✓ "You remembered your goal today."
- ✓ "You finished all the steps."



EXPERT NOTE: Research from the Child Mind Institute shows that specific praise works best when it connects to the behavior parents want to encourage.

5 ASK BETTER QUESTIONS



- ✓ What step did you take today?
- ✓ What felt hard?
- ✓ What helped you keep going?
- ✓ What are you proud of?
- ✓ What is your next step?
- ✓ Who helped you?
- ✓ What will you try tomorrow?

Good questions build confidence.

6 WHEN KIDS LOSE MOTIVATION

This is normal. It can mean the goal is too big, the next step is unclear, the child is tired, or they need encouragement.

5-STEP RESET



PARENT REMINDER

You do not have to be perfect. You just have to stay involved. Your support helps your child build habits, confidence, and the skills to reach any goal they set.



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Focus and Responsibility Help Goals Stick

Focus helps kids stay with the task.
Responsibility helps kids own the task.

Created by: Horizon ATA Martial Arts | Parent Resources Guide | Last reviewed: June 2026



Goal setting works best when kids practice two important skills: Focus and Responsibility. These skills help kids follow through, build confidence, and reach their goals. The tools on this page make it simple to practice these skills every day at home.

➤ *Two skills. Many wins.* ➤

✓ 1. USE THE KIDS FOCUS CHART

The Focus Chart helps children practice getting the body ready, using listening eyes and ears, starting the first time, staying with the task, and finishing strong.

HOW TO USE IT

Try these Focus Missions:

- ✓ Start homework the first time
- ✓ Finish bedtime routine
- ✓ Stay with reading for 10 minutes
- ✓ Complete a chore before playing
- ✓ Practice martial arts form without reminders



Parent Script: "This chart helps us practice focus. We are looking for effort, not perfection."

🔗 2. USE THE RESPONSIBILITY CHART

The Responsibility Chart helps children practice ownership: knowing the job, starting on time, finishing all steps, owning attitude, and helping the home team.

HOW TO USE IT

Try these Responsibility Jobs:

- ✓ Make the bed
- ✓ Put things away
- ✓ Pack the bag
- ✓ Feed a pet
- ✓ Clean up after dinner
- ✓ Help with laundry



Parent Script: "Let's make sure we both know what finished means."

📅 3. BUILD A WEEKLY GOAL ROUTINE

MONDAY



Choose the goal.

TUESDAY



Take one small step.

WEDNESDAY



Check focus.

THURSDAY



Ask for help.

FRIDAY



Notice progress.

WEEKEND



Reset and celebrate effort.



4. REWARDS CAN HELP, BUT THEY ARE NOT THE WHOLE GOAL

Simple family-time rewards are great! They give kids extra motivation. But the bigger goal is building strong habits that last.

Try these reward ideas:

- ★ Pick a family game
- ★ Extra bedtime story
- ★ Special time with Mom or Dad
- ★ Park or playground
- ★ Choose dinner



➤ *Parent Script: "The reward is fun, but the real win is that you followed through."* ➤

➤ *Live a Life You Are Proud Of!* ➤

Using the Goal Worksheets and Related Resources

Simple tools to help kids set goals, build habits, and stay on track at home.

Created by: Horizon ATA Martial Arts | Parent Resources Guide | Last reviewed: June 2026



★ USE THIS GUIDE WITH: ★

1. GOAL SETTING WORKSHEET FOR KIDS

Goal Setting Worksheet for Kids

A simple guide to help kids choose a goal, make a plan, and keep going.

Name: _____ Week of: _____

1 MY GOAL
This week, I want to work toward this goal:

My goal is about:
☐ Martial arts ☐ Friendship
☐ School ☐ Confidence
☐ Home ☐ Responsibility
☐ Sports or activities ☐ Other: _____

2 GOAL SETTING MEANS I CAN...
1 Choose one clear goal. I can pick one thing to work on instead of trying to do everything at once.
2 Make a plan. I can break my goal into small steps.
3 Take action. I can practice, try, and do my part.
4 Ask for help. I can talk to a parent, teacher, coach, or instructor when I need support.
5 Keep going. I can keep trying even when my goal feels hard.

3 MY GOAL LADDER — I CAN DO THIS! Start at the bottom and climb one step at a time.
My Goal: _____
Why this goal matters to me: _____
Step 1: First, I will, _____
Step 2: Next, I will, _____
Step 3: Then, I will, _____
Finish Line: I will know I reached my goal when, _____

4 WHAT MIGHT GET IN MY WAY? Sometimes goals feel hard. That does not mean I should quit.
Something that might get in my way is:
☐ I might be tired. ☐ I might need help.
☐ I might not remember. ☐ I might not know what to do next.
☐ I might want to quit. ☐ Other: _____
If that happens, I can:
☐ Take a deep breath. ☐ Practice a little more.
☐ Ask for help. ☐ Remember why my goal matters.
☐ Try again. ☐ Say, "Yes, I can!"

5 PARENT TIP
Goal setting is most powerful when kids learn to focus on effort, progress, and follow-through.
Instead of only saying, "Did you reach your goal?" try saying:
• "What step did you take today?"
• "What did I love?"
• "What helped you keep going?"
• "What are you proud of?"
• "What is your next step?"
Praise the process, not just the finish line.

This worksheet helps kids choose a goal, decide why it matters, break the goal into steps, identify obstacles, and choose what to do when something feels hard.



HELPS CHILDREN:

- ✓ Choose one clear goal
- ✓ Decide why it matters
- ✓ Break the goal into steps
- ✓ Identify obstacles
- ✓ Choose what to do when something feels hard

2. GOAL PROGRESS TRACKER FOR KIDS

Goal Progress Tracker for Kids

A simple way to track progress, stay motivated, and keep going toward your goal.

Name: _____ Week of: _____

1 MY GOAL THIS WEEK
My goal is:
This goal is about:
☐ Martial arts ☐ Chores
☐ Home ☐ Friendship
☐ Confidence ☐ Responsibility
Why it matters: _____

2 PROGRESS MEANS I CAN...
1 Remember my goal. I keep my goal in mind each day.
2 Take one small step. I work on one part at a time.
3 Keep trying. I do not quit when it feels hard.
4 Ask for help. I talk to a parent, teacher, or coach when I need support.
5 Notice progress. I celebrate effort and improvement.

3 MY GOAL PROGRESS TRACKER — I CAN DO THIS! Track your effort and progress each day!

Day	Worked on My Goal	Took a Small Step	Kept Trying	Asked for Help	I'm Proud Because
Monday	★	★	★	★	
Tuesday	★	★	★	★	
Wednesday	★	★	★	★	
Thursday	★	★	★	★	
Friday	★	★	★	★	
Saturday	★	★	★	★	
Sunday	★	★	★	★	

4 MY PROGRESS CHECK-IN
One step I took this week: _____
Something that felt hard: _____
Something I am proud of: _____
My next step is: _____

5 PARENT TIP
• Praise progress, not perfection.
• Ask about the step your child took today.
• Help kids notice effort, growth, and follow-through.
• Celebrate small wins along the way.

This tracker helps kids remember their goal, take one small step, keep trying, ask for help, notice progress, write what they are proud of, and plan their next step.



HELPS CHILDREN:

- ✓ Remember the goal
- ✓ Take one small step
- ✓ Keep trying
- ✓ Ask for help
- ✓ Notice progress
- ✓ Write what they are proud of
- ✓ Plan the next step

★ RELATED HORIZON PARENT RESOURCES ★

3. KIDS FOCUS CHART

Kids Focus Chart

A simple at-home tool to build better focus, effort, and follow-through.

Name: _____ Week of: _____

1 MY FOCUS MISSION
This week, I will focus on:
☐ Homework ☐ Chores
☐ Reading ☐ Bedtime routine
☐ Morning routine ☐ Other: _____

2 FOCUS MEANS I CAN...
1 Set my focus ready. I take a deep breath, sit up, and get my focus ready.
2 Take the first step. I begin a task without getting distracted.
3 Stay on the task. I keep going until I finish the task.
4 Notice strong. I feel proud when I finish the task.

3 MY FOCUS CHART — I CAN DO THIS! Circle a star each day you show focus!

Day	Focus Ready	Started the Task	Stayed on Task	Finished Strong	Praised Parent
Monday	★	★	★	★	★
Tuesday	★	★	★	★	★
Wednesday	★	★	★	★	★
Thursday	★	★	★	★	★
Friday	★	★	★	★	★
Saturday	★	★	★	★	★
Sunday	★	★	★	★	★

4 WHEN I EARN I CAN CHOOSE: STARS.
☐ Pick a family game ☐ Special time with Mom/Dad
☐ Choose dinner ☐ Pick/choose a trip
☐ Extra bedtime story ☐ Other: _____

5 PARENT TIP
• Keep the goal simple.
• Praise effort.
• Use the chart to build habits, not punish mistakes.



Helps with attention, starting, staying with the task, and finishing strong.

4. RESPONSIBILITY CHART FOR KIDS

Responsibility Chart for Kids

A simple weekly chart to build discipline, independence, and follow-through at home.

Name: _____ Week of: _____

1 MY FOCUS MISSION
This week, I will focus on:
☐ Homework ☐ Putting things away
☐ Helping clean up ☐ Feeding a pet
☐ Packing my bag ☐ Other: _____
Why it matters: _____

2 RESPONSIBILITY MEANS I CAN...
1 Know my job. I understand what needs to be done.
2 Start on time. I begin when it is time.
3 Finish all steps. I complete the whole job, not just part of it.
4 Own my attitude. I try even when I do not feel like it.
5 Help my home team. I help my parents because my family matters.

3 MY RESPONSIBILITY CHART — I CAN DO THIS! Circle a star each day you follow through!

Day	Ready to Start	Started on Time	Finished All Steps	Good Attitude	Helped Home Team	Praised Parent
Monday	★	★	★	★	★	★
Tuesday	★	★	★	★	★	★
Wednesday	★	★	★	★	★	★
Thursday	★	★	★	★	★	★
Friday	★	★	★	★	★	★
Saturday	★	★	★	★	★	★
Sunday	★	★	★	★	★	★

4 MY RESPONSIBILITY PLAN
My main job this week is: _____
I will do it: ☐ Morning ☐ After school ☐ Before bed
When I finish, I will check in and report for tomorrow.

5 PARENT TIP
• Start with one clear job, not a long list.
• Show what "Finished" looks like.
• Praise follow-through and attitude, not perfection.



Helps with ownership, routines, independence, completing steps, attitude, and helping the family team.



HORIZON CONNECTION

At Horizon ATA, students practice goal setting whenever they work toward a new skill, stripe, belt, or personal challenge. Confidence grows when they keep showing up.

Want your child to practice goal-setting, focus, discipline, and responsibility in a positive environment? Learn more about the New Student Experience at Horizon ATA Martial Arts.



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Parent Guide to Bully Response

A practical guide to help kids build confidence, use a Loud & Clear Voice, move to safety, and know when to get help.



Created by: Horizon ATA Martial Arts



Last reviewed: June 2026



Why Confidence Comes First

At Horizon, we teach kids that a bully is someone around their age and size who is not being very nice and is trying to make someone feel smaller, scared, or left out.



Confidence is the best defense against bullies.

Confidence does not mean being mean back or starting a fight. It means standing tall, using eye contact, speaking with a Loud & Clear Voice, moving away from unsafe situations, and telling a trusted adult when needed.

These [bully response skills](#) are learned, practiced, and strengthened over time—both at home and in martial arts. When kids believe in themselves and trust their training, they are more prepared to handle tough moments with courage and calm.

Through [kids martial arts classes](#) and [ATA Tigers classes](#), children develop the mindset and tools they need to make safe choices, stand up for themselves, and support others. Your encouragement at home makes a big difference in their journey of [building confidence](#).



HORIZON LIFE SKILL CONNECTION



Confidence



Respect



Self-Control



Communication



Discipline



Responsibility



Community



PARENT REMINDER

This guide is not about teaching kids to bully back. It is about helping kids know how to respond when someone is unkind, unsafe, or crossing a boundary.





The Horizon Bully Response Framework



**Confidence First. Words Can Walk Away.
Hands Are for Getting Free.**

1 Confidence First

Confidence starts before a bully situation happens. It is how your child carries themselves every day. Standing tall, eyes up, making eye contact, speaking clearly, and keeping body control all show confidence. It also means knowing trusted adults are there to help and believing they deserve respect.

Parent Scripts:



"Confidence means you know your worth and you know what to do."



"Stand tall, use your voice, and move to safety."

2 Words Can Walk Away

Name-calling, teasing, and mean comments usually do not require a fight. Your child can stand tall, use a Loud & Clear Voice if needed, say "Stop" or "That's not okay," walk away, stay near safe people, and tell a trusted adult if it continues.¹

Parent Scripts:



"You can handle words with confidence."



"Say it. Walk away. Stay safe. Tell an adult if it keeps happening."

3 Hands Are for Getting Free

If someone grabs, holds, blocks, pushes, corners, or will not let your child leave, that is different.

Parent Script:



"You have the right to be safe. Use what you know to get free and get to help."



Family Rule: If someone puts their hands on you and will not let you leave, you are allowed to use just enough karate to get away.



Stance.

Stand tall.
Feet ready.
Eyes up.
Hands up and open,
not fists.



Speed.

Move away
quickly and
create space.



Voice.

Use a Loud & Clear Voice:

- "Stop!"
- "Back up!"
- "Let go!"
- "I need help!"



Parent Guide to Bully Response

Practical tools to help kids build confidence, respond safely, and know when to get help.



What Kids Can Do in Common Bully Situations

Help your child build an action plan for different situations and practice these steps together. These strategies are aligned with PACER's National Bullying Prevention Center guidance.²

1  Name-calling or teasing	What your child can do: ✓ Stand tall and keep your body calm. ✓ Use eye contact if it feels safe. ✓ Say "Stop" or "That's not okay." ✓ Walk away. ✓ Tell an adult if it keeps happening.	Strong words to practice: "Stop." "That's not okay." "I don't like that." "I'm walking away."
2  Being left out	What your child can do: ✓ Find a kind friend. ✓ Join a different activity. ✓ Tell an adult if it happens again and again. ✓ Remember: being left out does not define you.	Strong words to practice: "Can I join?" "Let's play something else." "I'm going to do my own thing." "I'm okay, I've got this."
3  Pushing, bothering, or blocking	What your child can do: ✓ Put your hands up and open. ✓ Use a Loud & Clear Voice. ✓ Say "Stop" or "Back up." ✓ Move away quickly. ✓ Tell a trusted adult.	Strong words to practice: "Stop." "Back up." "Don't touch me." "I'm going to walk away."
4  Mean messages online	What your child can do: ✓ Do not respond with mean words. ✓ Save or screenshot the messages. ✓ Tell a parent or trusted adult. ✓ Block or report when appropriate. ✓ Step away from the screen.	Strong words to practice: "I'm not going to respond." "I'm telling an adult." "I'm blocking you." "I choose to step away."
5  Someone says "Don't tell"	What your child can do:  Safe adults do not ask kids to keep unsafe secrets. ✓ Tell a trusted adult and keep telling until someone helps.	Strong words to practice: "I'm going to tell a grown-up." "I don't keep secrets that can hurt." "I need help."
6  Another kid needs help	What your child can do: ✓ Stand near the child if it is safe. ✓ Invite them to walk away. ✓ Tell an adult. ✓ Say "That's not okay" if safe. ✓ Never join in laughing or excluding.	Strong words to practice: "That's not okay." "Come with me." "I'll get an adult." "You don't deserve that."



Practice Makes a Difference

Role-play these situations at home. Practice calm, strong body language and Loud & Clear Voice. Build confidence together so your child feels prepared to respond and support others safely!



Parent Guide to Bully Response

What Parents Should Do



Your support makes a huge difference. Here are steps you can take to help your child feel safe, supported, and empowered.

1 START BY LISTENING

Children may feel embarrassed, scared, angry, or worried that telling will make things worse. Listening with patience and care builds trust.

Helpful things to say:

-  "Thank you for telling me."
-  "I am glad you came to me."
-  "You are not in trouble."
-  "We will figure this out together."



2 ASK HELPFUL QUESTIONS

Use open-ended questions to understand what's really going on.

- What happened?
- Where did it happen?
- Who was there?
- Has this happened before?
- What did you do?
- Did anyone help?
- Do you feel safe going back?

AVOID THESE QUESTIONS

- Why didn't you stop them?
- What did you do to make them mad?
- Why didn't you tell me sooner?

4 WHEN TO INVOLVE THE SCHOOL OR ANOTHER ADULT

It's important to seek help when:

- The behavior is repeated.
- Your child feels unsafe.
- There is physical contact.
- There are threats or harmful online messages.
- Your child avoids school or activities.
- You notice changes in mood, sleep, or appetite.
- Strategies you've tried aren't working.

3 MAKE A PLAN

Work together on simple steps your child can take.

-  Practice a Loud & Clear Voice.
-  Choose where to sit or play.
-  Stay near friends and kind peers.
-  Identify trusted adults to ask for help.
-  Report repeated behavior—don't keep it a secret.
-  Document incidents so patterns are clear.
-  Ask a school or activity leader for help.
-  Adjust online settings and privacy.
-  Block or report harmful messages.

5 DOCUMENT REPEATED INCIDENTS

Write down key details as soon as possible, including:

- Date and time
- Location
- Who was involved
- What happened
- Who saw it (witnesses)
- Who was told
- Follow-up or action taken



PARENT REMINDER: Do not tell your child to "just ignore it" if the behavior is repeated, threatening, physical, or emotionally harmful.



Parent Guide to Bully Response



Make Bully Response an Annual Family Conversation

Bully response is not a one-time talk. As kids grow, their friendships, school environment, online access, and independence change. Keep the conversation going so your child is prepared at every stage.



The family plan should grow with the child.

1



REVIEW YOUR FAMILY BOUNDARIES

- Talk each school year about what is acceptable and what is not.
- Define what counts as teasing, mean behavior, bullying, or unsafe behavior.
- When to walk away and when to use a Loud & Clear Voice.
- When and how to tell a trusted adult.
- What to do if someone grabs, holds, blocks, or will not let them leave.
- What to do if they see someone else being bullied.
- What to do with mean messages or group chats.

2



ADJUST THE CONVERSATION BY AGE

- Younger children: name-calling, being left out, hands-on playground issues, telling a teacher, finding a safe adult.
- Older children: social pressure, rumors, online messages, exclusion, embarrassment, situations where no adult is nearby, knowing when to involve parents or school staff.

3



IDENTIFY THIS YEAR'S SUPPORT TEAM

- Build a team of trusted adults your child can go to, including: parents, teachers, school counselor, principal, bus driver, coach, instructor, grandparent, or family friend.

4



PRACTICE THE WORDS BEFORE THEY NEED THEM

- "Stop."
- "That's not okay."
- "Back up."
- "Do not touch me."
- "I need help."
- "I do not keep unsafe secrets."
- "I'm walking away."
- "Come with me. Let's tell an adult."



PARENT SCRIPT

"Every school year brings new situations. Let's talk about what is okay, what is not okay, and what you can do if someone crosses a line."



If someone puts their hands on you and will not let you leave, **you are allowed to use just enough karate to get away.**





How to use it:

- Start with the support team.
- Practice confidence out loud.
- Talk through common situations.
- Keep the tone empowering.

Friendship & Kindness Worksheet

Name: _____ Week of: _____

1 MY FRIENDSHIP GOAL

These are goals that I feel are fun to try:

- ☐ Drawing words ☐ Drawing pictures
- ☐ Including others ☐ Encouraging others
- ☐ Listening when others speak ☐ Other: _____
- ☐ Helping when others need ☐ Other: _____

2 KINDNESS MEANS I CAN...

- 1** Give kind words
I can speak kind words and writing postcards.
- 2** Include others
I can say, "Thank you, help, tell, listen."
- 3** Listen and care
I can give attention when others speak and listen.
- 4** Help others
I can help others physically, with my words, and emotionally.
- 5** Be a strong friend
I can make sure the other person is safe.

3 MY FRIENDSHIP PLAN—I CAN DO THIS!

Print-out before in each situation!

Situation	Kind Choice	I Can Say I Do
Someone is sitting alone.	Includes them.	Do you want to join in?
A friend feels sad.	Show care.	Are you okay?
I want to turn.	Use respectful words.	Can I have a turn next?
Someone makes a mistake.	Encourage them.	It's okay, try again.
I can someone left out.	Show community.	Game play with us.

4 MY SWEETENED KINDNESS

1. _____

2. _____

3. _____

5 PARENT TIP

- Print out before new activities.
- Use new sentence starter mappings.
- Encourage students to give kind words.
- Place stickers of hearts.

3. Friendship & Kindness Worksheet

Practice inclusion, kindness,
helping someone left out,
and being a strong friend.



Want your child to practice confidence, self-defense, and life skills in a positive environment? Learn more about the New Student Experience at Horizon ATA Martial Arts.

4

- 5** 

This guide is for educational support and a general parent guidance. It is not a substitute for medical, mental health, legal, school-specific, or law-enforcement advice. If your child is being threatened, physically harmed, harassed, or made to feel unsafe, contact the appropriate school, organization, or local authority for immediate support.

Parent Guide to Stranger Safety



A practical guide to help kids check first, keep space, use a Loud & Clear Voice, move to safety, and tell a safe adult.

 Created by: Horizon ATA Martial Arts

 Parent Resources Guide

 Last reviewed: June 2026



Stranger Safety Without Fear

Stranger safety is not about making kids scared of every person they do not know. It is about giving kids simple safety rules they can remember and practice.

“

Strangers are adults you do not know. Some are good, and some are not. But that is not your job to decide. Your safe adult, like Mom or Dad, will let you know. If you are by yourself, your job is to stay safe and stay away from them.



Core Message

You do not have to decide if a stranger is good or bad. You only have to follow your safety rules.

- ✓ check first with a safe adult
- ✓ keep space from adults you do not know
- ✓ use a Loud & Clear Voice
- ✓ move away quickly
- ✓ find a safe adult
- ✓ tell a parent or trusted adult what happened



Horizon Life Skill Connection

Primary Life Skills: Confidence, Self-Control, Awareness

Supporting Life Skills: Communication, Discipline, Responsibility, Respect

At Horizon ATA, safety and confidence are part of every lesson. In our [ATA Tigers classes](#), younger students practice confidence, listening, and age-appropriate safety habits in a fun, supportive environment. As they grow, our [kids martial arts classes](#) help students build confidence, self-defense skills, body control, and voice. These skills empower them to make smart choices and handle challenges.



Parent Reminder

This guide should not be used to scare children. Instead, use it to practice simple rules calmly and consistently. Kids feel safer when they know what to do.



Part of a Parent Toolkit

This guide works hand-in-hand with our Stranger Safety Conversation Guide and Confidence Challenge for Kids worksheets. Practice together. Grow confidence together.



Live a Life You Are Proud Of!



The Horizon Stranger Safety Framework

Check First. Keep Space. Use Your Voice. Move to Safety. Tell a Safe Adult.



★ Stance. Speed. Voice. ★



1



Check First

Before I go anywhere, take anything, help anyone, or leave with anyone, I check first with my parent or safe adult.

Examples: candy, surprise, gift, ride, help finding a pet, "Your mom sent me", and secret-keeping.

“ Parent Script

- “Before you go anywhere, take anything, help anyone, or leave with anyone, you check with me first.”
- “If I did not say yes, your answer is no.”

2



Keep Space

I keep a safe distance from adults I do not know. I stay where others can see me. I do not walk closer to a car. I move toward a safe adult.

“ Parent Script

- “You do not need to walk closer to hear someone. You can use your voice from far away.”
- “If someone you do not know calls you over, keep space and find your safe adult.”

3



Use Your Voice

I use a Loud & Clear Voice to get attention and keep myself safe.

Safety Phrases:

- No!
- Stop!
- I need help!
- I have to check first!
- I do not know you!
- I am not going with you!
- Mom! Dad!
- Help me find my parent!

“ Parent Script

- “Your voice can help keep you safe. If something feels wrong, use your Loud & Clear Voice.”

4



Move to Safety

If I feel unsafe, I move quickly to a safe adult. That can be a parent, teacher, police officer, firefighter, store employee, event staff, security guard, help desk, or another safe adult.

“ Parent Script

- “If something feels unsafe, move your body toward safety. Do not stay close to the problem.”

5



Tell a Safe Adult

I never get in trouble for telling. I will tell a safe adult about anything that makes me feel uncomfortable, including secrets, rides, gifts, touching, grabbing, or being blocked.

“ Parent Script

- “You can always tell me. You will not be in trouble for telling the truth about something unsafe.”



Live a Life You Are Proud Of!



What to Do in Common Stranger Safety Situations

Kids can be prepared for anything. Practice these simple steps and strong words.



1 Someone Offers Candy, Toys, Money, or a Prize

Actions:

- ✓ Keep space.
- ✓ Say, "I have to check first."
- ✓ Do not take anything.
- ✓ Move back to a safe adult.

Strong words to practice:

"No thank you."
"I have to check first."
"I need to ask my parent."

2 Someone Asks for Help Finding a Pet

Actions:

- ✓ Do not go with them.
- ✓ Stay where people can see you.
- ✓ Say, "Ask an adult."
- ✓ Move toward a safe adult.

Strong words to practice:

"I can't help. Ask an adult."
"I have to check first."
"I am going back to my parent."

3 Someone Says, "Your Mom or Dad Sent Me"

Actions:

- ✓ Do not go right away.
- ✓ Ask for the family safe word if your family uses one.
- ✓ Move to a safe adult if they do not know it.
- ✓ Never leave without checking first.

Strong words to practice:

"What is the safe word?"
"I have to check first."
"I am not going with you."

4 Someone Says, "Don't Tell Your Parents"

Safe adults do **not** ask kids to keep unsafe secrets.

Actions:

- ✓ Move away.
- ✓ Tell a parent or safe adult.
- ✓ Keep telling until someone helps.

Strong words to practice:

"I do not keep unsafe secrets."
"I need to tell my parent."
"I need help."

5 Someone Tries to Grab, Hold, or Block Them

Actions:

- ✓ Use stance.
- ✓ Hands up and open.
- ✓ Use a Loud & Clear Voice.
- ✓ Move quickly.
- ✓ Get away.
- ✓ Find a safe adult.

Strong words to practice:

"Let go!"
"Stop!"
"I need help!"
"You are not my parent!"



The goal is not to fight, punish, or win. The goal is to use just enough karate to get away, create space, and move to safety.

6 Your Child Gets Lost or Separated

Actions:

- ✓ Stay where you are if it is safe.
- ✓ Do not leave the building or event.
- ✓ Look for a safe adult who works there.
- ✓ Use a Loud & Clear Voice.
- ✓ Say, "I need help finding my parent."

Strong words to practice:

"I am lost."
"I need help finding my parent."
"Can you call my mom or dad?"
"I am staying here."



Keep Learning. Keep Kids Safe.

Explore more age-appropriate safety tips and resources from trusted partners like KidSmartz and HealthyChildren.org.

- [KidSmartz.org](https://www.kidsmartz.org) – fun, engaging safety education for kids
- [HealthyChildren.org](https://www.healthychildren.org) – expert guidance for parents

Knowledge today. Confidence for life.



★ *Live a Life You Are Proud Of!* ★

Before You Go: Make a Family Safety Plan



A few minutes of planning can help your child stay safe,
no matter where you go.

1 Pick a Safe Meeting Spot



Before entering a busy area, choose an easy-to-see meeting place that is not near exits and is close to help if possible.



Parent Script:

"If we get separated, this is our meeting spot.
Stay here if it is safe, and I will come find you."

2 Point Out Safe Adults



Safe adults are people who are trained to help.
Examples: police officer, firefighter, security guard,
store employee, teacher, coach, event staff, first
aid worker, information booth worker,
front desk employee.



Parent Script:

"If you cannot find me, look for someone
who works here. They may have a uniform,
name tag, radio, front desk, or information booth."

3 Mark Safe Places



Safe places are locations where you can get help.
Examples: information booth, customer service
desk, security station, first aid tent, cashier
counter, front desk, teacher's area, event
check-in table, police or firefighter station.



Parent Script:

"That is a safe place to ask for help.
If you are lost or unsure, go there and say,
"I need help finding my parent."

4 Use a Family Safe Word



Some families choose a private safe word.
If someone says Mom or Dad sent them,
the person should know the safe word.



Parent Script:

"If I send someone to pick you up, they will
know our safe word. If they do not know it,
you do not go with them."

OUR FAMILY SAFETY PLAN MAP

Find these places. Know what to do.



Meeting Spot

We meet here
if we get
separated.



Information Booth

Ask for help
or directions.



Security

Uniformed staff
can help keep
you safe.



Safe Places

Look for these
places if you
need help.

5



Review Safety Rules Each Year

Safety conversations should grow with your child.
Review these rules each year and add new ones as needed.

Younger Child



- ✓ Stay close to me.
- ✓ Hold my hand.
- ✓ Ask before going anywhere.
- ✓ Use your voice.
- ✓ Find Mom or Dad if you get worried.

Older Child



- ✓ Walking with friends
- ✓ Being separated at events
- ✓ Bikes, scooters, and rides
- ✓ Neighbor's house
- ✓ School pickup plans
- ✓ Phones and location sharing
- ✓ Online messages
- ✓ Trusted adults
- ✓ Unsafe secrets



Parent Script:

"Every year, we are going to review our safety rules.
As you get older, your freedom grows,
and so does your responsibility."



Parent Reminder



The goal is not to make children afraid of the world.
The goal is to give them a plan. When kids know
what to do, they can act faster, speak stronger,
and feel more confident.



Live a Life You Are Proud Of!



Using the Stranger Safety Guide and Related Resources



1 Use this guide with:



Stranger Safety Conversation Guide

Helps children practice:

- naming safe people
- checking first
- using stance
- moving with speed
- using a Loud & Clear Voice
- saying "no"
- getting away
- telling a trusted adult
- knowing what to do if separated or approached

2 How to use it



1. **Start with safe people** — have your child list the adults they can go to for help.
2. **Practice Stance, Speed, and Voice** — stand tall, hands up and open, move quickly, and say safety phrases out loud.
3. **Talk through the scenarios** — candy, help requests, leaving a place, unsafe secrets, or being grabbed.
4. **Keep it calm** — this should feel like practice, not fear.

3 Related Horizon Parent Resource



Confidence Challenge for Kids

- brave self-talk
- trying hard things
- using a strong clear voice
- speaking up
- not giving up
- celebrating effort
- building pride

Confidence helps children use their safety plan when it matters.

4 Horizon Connection



At Horizon ATA, students practice confidence, body control, awareness, and voice every week.

Safety is about being prepared, not scared.

Learn more during our [Halloween Safety Day](#) and through our [New Student Experience](#).

5 Helpful Sources



1. National Center for Missing & Exploited Children. (n.d.). KidSmartz. <https://www.missingkids.org/education/kidsmartz>
2. American Academy of Pediatrics. (2018, March 22). Help prevent your child from going missing: Safety tips for families. HealthyChildren.org. <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Preventing-Child-Abductions.aspx>

6 Educational Note



This guide is for educational support and general parent guidance. It is not a substitute for medical, mental health, legal, school-specific, or law-enforcement advice. If your child is missing, threatened, physically harmed, followed, grabbed, or made to feel unsafe, contact the appropriate school, organization, emergency service, or local authority immediately.

Stranger Safety Conversation Guide

Help your child practice safe choices using Stance, Speed, and a Loud & Clear Voice.

Name: _____

Week of: _____

1 MY SAFE PEOPLE

A safe person is someone I can go to for help.

My safe people are:

1. _____
2. _____
3. _____
4. _____
5. _____

- Safe people may include:
- ☐ Parent / Guardian
 - ☐ Teacher
 - ☐ Coach
 - ☐ Grandparent
 - ☐ Neighbor or parent/friend
 - ☐ Police officer / firefighter
 - ☐ Other: _____

3 WHAT I CAN SAY

Practice saying these with a Loud & Clear Voice:

- No!
- I don't know you!
- I don't know!
- I need help!
- I need to ask my parent!
- I don't go anywhere without permission!
- That is not okay!
- Leave me alone!

5 PARENT TIP

Keep this conversation calm and simple. The goal is not to scare kids. The goal is to help them practice what to do.

- When practicing, look for:
- ☐ Strong stance
 - ☐ Fast movement toward safety
 - ☐ Loud & Clear Voice
 - ☐ Going to a safe adult
 - ☐ Telling the truth about what happened

- Helpful parent phrases:
- "Show me your strong stance."
 - "Use a voice people can hear."
 - "Where would you go for help?"
 - "Who are your safe adults?"
 - "Remember, you can always tell me."

2 THE 3 PARTS OF SELF-DEFENSE

At Horizon ATA, we practice three important parts of self-defense:

- | STANCE | SPEED | VOICE |
|---|---|--|
| I stand strong and create space. | I move quickly to safety. | My voice must be Loud & Clear! |
| ☐ Put my feet in a strong position | ☐ Move away from danger | ☐ Say "No!" with confidence |
| ☐ Keep my hands up to create space | ☐ Get back to my parent or trusted adult | ☐ Say "Stop!" loudly |
| ☐ Look confident | ☐ Go toward a safe place | ☐ Ask for help right away |
| ☐ Stay aware of what is around me | ☐ Act quickly instead of hesitating | ☐ Use words that other people can hear and understand |

4 SAFETY SCENARIOS

Talk through each situation with a parent or trusted adult.

Practice: Stance — stand strong | Speed — move to safety | Voice — use a Loud & Clear Voice | Safe Adult — find someone who can help

Situation	What should I do?
Someone I do not know offers me candy.	
Someone asks me to help find a lost pet.	
Someone says, "Don't tell your parents."	
Someone asks me to leave the place I am supposed to stay.	
Someone makes me feel uncomfortable or unsafe.	

WANT MORE PRACTICE?

Want more practice with Stance, Speed, and a Loud & Clear Voice? Learn more about age-appropriate self-defense training at Horizon ATA Martial Arts.

★ Live a Life You Are Proud Of! ★
Horizon ATA Martial Arts | Parent Resources | horizonata.com

Confidence Challenge for Kids

A fun 7-day challenge to help kids build courage, positive self-talk, and belief in themselves.

Name: _____

Week of: _____

1 MY CONFIDENCE GOAL

This week, I want to grow my confidence by...

- ☐ Trying new things
- ☐ Speaking up
- ☐ Using a brave voice
- ☐ Believing in myself
- ☐ Keeping a positive attitude
- ☐ Other: _____

2 7-DAY CONFIDENCE CHALLENGE

- | Day | Challenge | Star |
|-------|---|------|
| Day 1 | Say one good thing about yourself. | ☆ |
| Day 2 | Try something that feels a little hard. | ☆ |
| Day 3 | Use a strong, clear voice. | ☆ |
| Day 4 | Help someone or show kindness. | ☆ |
| Day 5 | Practice a skill for 10 minutes. | ☆ |
| Day 6 | Do something without giving up. | ☆ |
| Day 7 | Celebrate how much you've grown. | ☆ |

3 HOW I FELT

Color a star each day to show how you felt!

Day	I Tried My Best	I Felt Brave	I'm Proud Of Myself
Day 1 (Mon)	☆	☆	☆
Day 2 (Tue)	☆	☆	☆
Day 3 (Wed)	☆	☆	☆
Day 4 (Thu)	☆	☆	☆
Day 5 (Fri)	☆	☆	☆
Day 6 (Sat)	☆	☆	☆
Day 7 (Sun)	☆	☆	☆

4 I AM PROUD BECAUSE...

This week, I am proud of myself because...

5 PARENT TIP

- Praise effort more than perfection.
- Let kids try things before stepping in.
- Remind them that confidence grows with practice.

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