

AUG.

week 1

"DO NOT ANTICIPATE TROUBLE, OR WORRY ABOUT WHAT MAY NEVER HAPPEN. KEEP IN THE SUNLIGHT."

- BENJAMIN FRANKLIN

week 2

"A PESSIMIST SEES THE DIFFICULTY IN EVERY OPPORTUNITY; AN OPTIMIST SEES THE OPPORTUNITY IN EVERY DIFFICULTY."

- WINSTON CHURCHILL

week 3

"PEOPLE ARE JUST ABOUT AS HAPPY AS THEY MAKE UP THEIR MINDS TO BE."

- ABRAHAM LINCOLN

week 4

"I'VE NEVER SEEN A MONUMENT ERECTED TO A PESSIMIST."

- PAUL HARVEY

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month's value is optimism. Helping your children develop an optimistic mindset at a young age can help foster resilience and also put them on a path to improved mental and physical health. Optimism, or "looking on the bright side," helps children grow into happy, confident adults.

HOW CAN YOU HELP?

- Keep a family "Positivity Journal," or encourage your child to keep their own. Have them write down what they are grateful for, what makes them happy about themselves, and what they like about others.
- Model optimistic behavior including happiness and gratefulness, and don't overreact to minor inconveniences.

- Try to keep your home a stress-free environment.
- Know the signs of depression and other mood disorders in children. These may include irrational or uncharacteristic anger, social withdrawal, fatigue, pain (usually head or stomach) without a seeming cause, and difficulty focusing. If your child displays these or other symptoms, consult a doctor.

OPTIMISM

OPTIMISM MEANS THAT WE DON'T WORRY WHEN WE DON'T NEED TO.

Championship Martial Arts
Racine, WI 262-205-5929

Championship Martial Arts
Oak Creek, WI 414-250-7615

Championship Martial Arts
Kenosha, WI 262-288-9919



Week 1
Due by Friday, August 7



***“Do not anticipate trouble, or worry about what may never happen.
Keep in the sunlight.” ~Benjamin Franklin***

What is Optimism?

Optimism means being confident and hopeful! It also means that we don't worry when we don't need to.

We all think about the future. Some things you do have to plan for: like studying for a test or deciding what to get your friend for her birthday. But if you overthink, you can start to worry: “What if I fail? What if I get the wrong gift?” These thoughts can make you upset for no reason. Optimism means we think positively instead: “I studied, so I know I can do well! I know my friend, so I know she'll like my gift!”

1) What are some things in the future you're worried about?

2) How can you be optimistic about those things?

3) Why do you think it's better to be happier?

Week 1
Due by Friday, August 7



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 2
Due by Friday, August 14



“A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty.” ~Winston Churchill

Optimism means that we look for good in every situation.

We will all face challenges in our lives. They may be big or small. They may be easy to solve or very difficult. But no matter what the challenges we face, we must look for the opportunities they present! For example, if your challenge is a new martial arts move you are struggling to learn, instead of thinking, “I will never get this!” think, “This is a great opportunity for me to practice my patience and determination, and when I do learn this move, I will feel so proud of myself!”

1) What are some challenges you are facing now?

2) What opportunities do they present?

3) How can you handle them with optimism?

4) Do you think having optimism makes you more likely to succeed?

Week 2
Due by Friday, August 14



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, August 21



“People are just about as happy as they make up their minds to be.”
~Abraham Lincoln

Looking for ways to feel happy can make you happier.

Sometimes, bad things happen. It’s okay to feel mad or sad about the really bad things. But sometimes, little bad things – like a rainy day or not getting a cookie you wanted – happen, and then, being pessimistic or grumpy just makes us and everyone around us feel worse. Optimism means that you look for ways to feel happy, even when the little things don’t go your way. Optimism is choosing to see the bright side in tough situations!

1) Tell us about a time you had a bad day or bad experience.

2) How did you handle that situation? Were you grumpy and pessimistic, or optimistic?

3) How can being optimistic make a bad day better?

Week 3
Due by Friday, August 21



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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)

*Extra Credit - Week 4
Due by Friday, August 28*



*"I've never seen a monument erected to a pessimist."
~Paul Harvey*

We can accomplish more with optimism.

Have you ever wished to do something that was impossible, like flying like a bird? Or turning invisible? Or maybe you wanted special powers like your favorite superhero?

What about things that are possible? You may want to be a better martial artist, or to do better in school. You may want to be more confident, or to find more friends. These things ARE possible! They may take hard work and effort, but having optimism will help you achieve your goal. Whatever it takes, believe in yourself and you can make it happen!

1) What is something that is impossible for you to do?

2) What is something that is possible, but difficult, for you?

3) How will optimism help you accomplish this goal?

Extra Credit - Week 4
Due by Friday, August 28



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.

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Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (please print)

Parent Name (please print)