



Zenith Martial Arts Kids Challenge Guide



We're always excited to try and help parents who are motivated to giving their child the best future possible! This document goes over a couple of common challenges children face in their elementary school years (Ages 5-9) and some tactics you can use to help them overcome their obstacles!

Obstacle #1: Focus

There are very few children who DON'T have a focusing issue at some point while they're growing up! They've got TONS of energy, a very small attention span and sometimes you swear they're purposefully ignoring you!



Challenge #1: Coin Collector

Come up with a special code word between you and your little one. It can be silly or made-up, but make sure you only are going to use it for the purposes of this game.

Every time you say the code word, they need to stop what they're doing and go to you. If they do what you need them to do without fighting, they get a coin (can be real, or printed cutouts).

Every so often, set up a "shop" where they can buy things with their coins! (toys, printouts, rights to pick what the next dinner is going to be!) As they get older, make the requirements harder and give them extra prizes if they start to do tasks without having to be asked!

If you seem excited about this new game and remind them how proud you are of them each time they respond properly, you can have great success with this challenge!

Obstacle #2: Emotional Control



Kids will oftentimes get upset or angry for reasons we aren't fully sure of. When they do, it can be a LONG process trying to calm them down and return them to their happy and energetic selves.

Challenge #2: Calmdown Corner

The best way to handle these issues is to have a plan in place for when it happens that you and your little one can follow!

Set up an area at-home (in their bedroom, playroom, etc.) and explain to your child that this is the place they can go when they start to feel themselves getting upset. Fill it with some of their favorite toys, stuffed animals, and other items that usually help to calm them down. Try to challenge them to go there whenever they feel like they're starting to get upset about something. Make sure to praise them whenever they successfully bring themselves there and calm themselves down without your intervention!

As they get older, try to put activities there that work on skills they enjoy (drawing, painting, puzzles, etc.) so that they can learn to channel that negative energy productively. As they get even older, you can teach them techniques to calm themselves anywhere they are, despite what may be going on around them.