



AGES
3-6

DETERMINATION

This month, our Life SKILLZ focus is on Determination!

Do you remember what "Determination" means SKILLZ Strong Ninja?

**Determination means that you don't give up easily,
even when something is really hard to do.**

- Even though you didn't catch the ball on the first try, you don't give up... You keep on practicing catching!
- Learning to ride your bike on two wheels is hard and sometimes you fall down, but you don't give up... You keep on practicing how to ride your bike!

That is determination!

**Just because something is a challenge and we may not get it right the first time,
that does not mean we will never be able to get it right.**

New things require practice in order for us to get better at doing them!

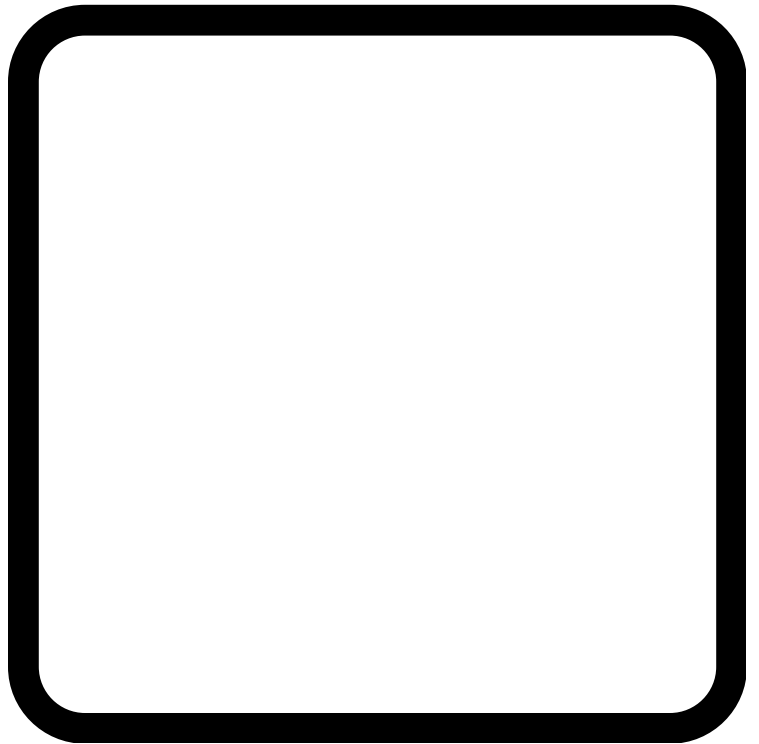
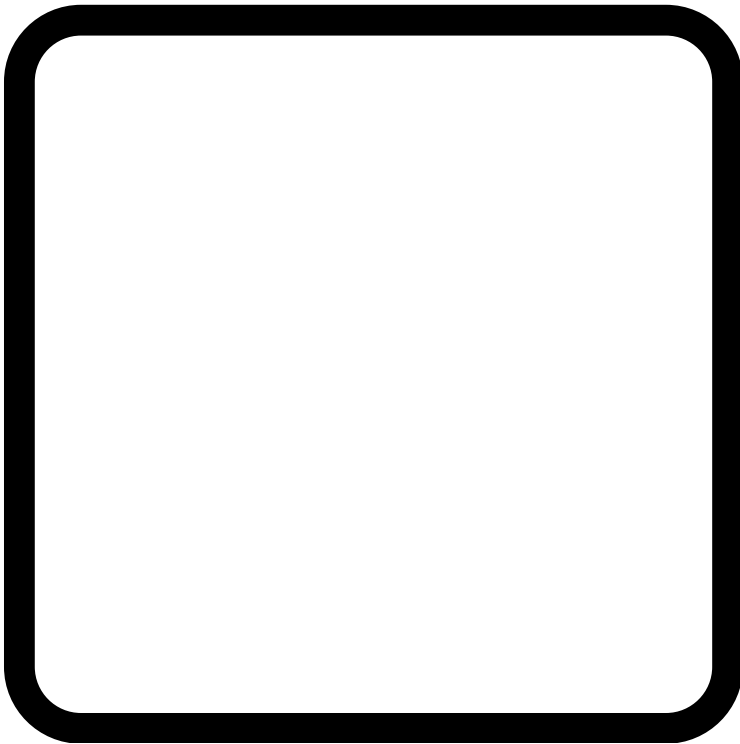
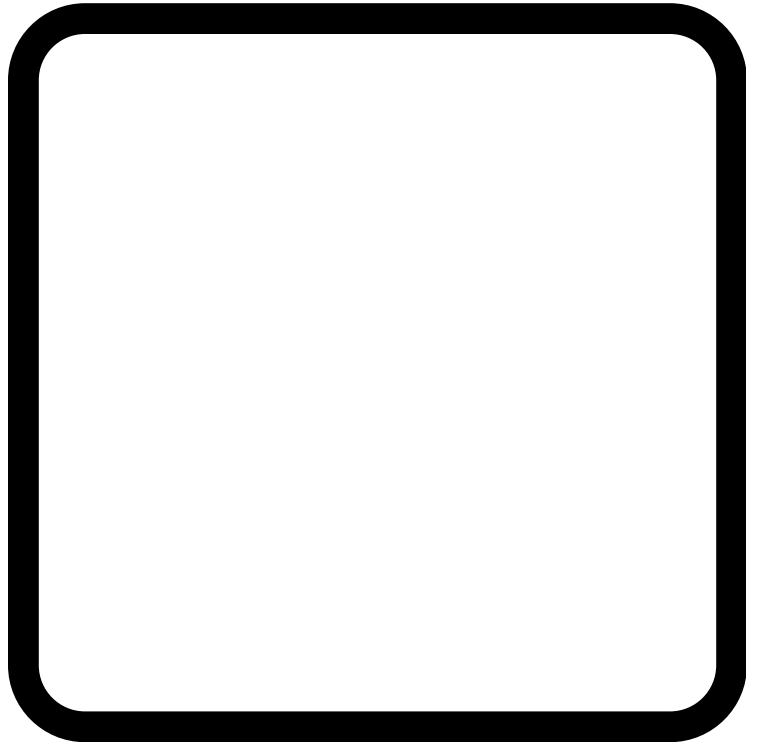
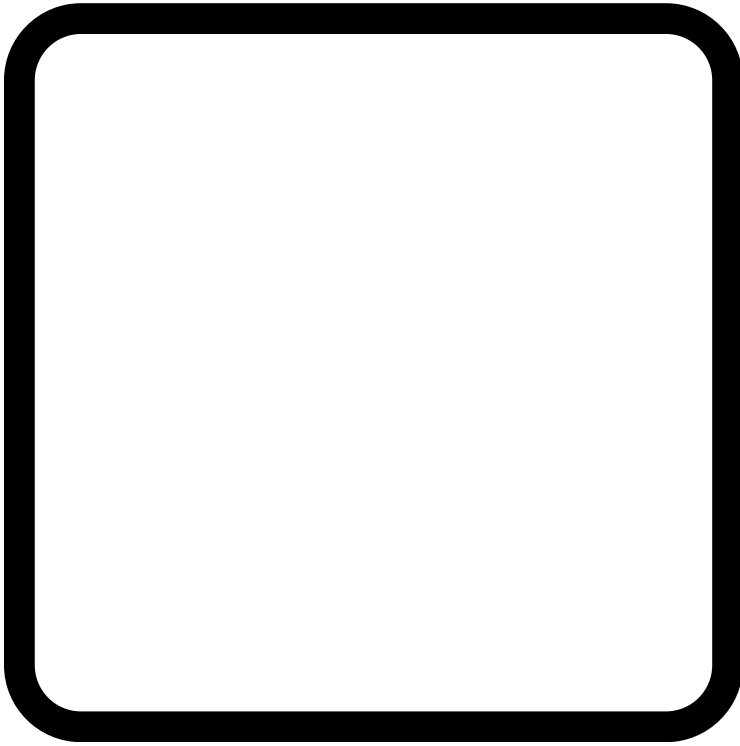
This month, we want you to practice determination at home! While some things can come very easy to us or our friends, other things can be really tricky. Remember the first time you tried to zip up your own coat? Or color in a picture without going outside of the lines? It took practice to do those things. It took determination, not giving up until you succeeded!

ENRICHMENT EXERCISE: Parents, have your child draw or write down one challenge at the beginning of each new week this month that they will practice facing with determination. Maybe they will challenge themselves to read one picture book a day at bedtime with you for a whole week or practice the ninja moves they've been learning on the mats before dinnertime. Whatever the challenge may be, help your child face it with a spirit of determination; "I will accomplish _____ because I am a Strong, Brave and Fearless Ninja!" If your child becomes discouraged or frustrated trying to do something hard, choose to speak life and words of encouragement over your child! This will go a long way in their development of determination, seeing your faith and confidence in their ability to succeed.

BEYOND THE MATS ENRICHMENT

NAME: _____

"I will accomplish _____ because I am a Strong, Brave and Fearless Ninja!"



Have your child bring in their completed determination missions to their Instructor by the end of October for special recognition of all of their hard work!



AGES
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DETERMINATION

This month, our Life SKILLZ focus is on Determination!

Do you remember what "Determination" means SKILLZ Strong Ninja?

Determination means that you push yourself, you don't quit when facing something that is hard. Despite any roadblocks you may face, you make the decision to overcome them to achieve your goals!

What do you think would happen if people lacked determination? Think of some of the amazing things you've seen for yourself or learned about in school. Would we have the amazing technology, cinematic experiences, skyscrapers, epic adventures and more that we enjoy today without an individual's or team's practice of determination?

Remember, when we practice the skill of determination, we are more likely to achieve what we set our minds to!

This month, we want you to practice determination at home! What is something that you have a hard time doing? Set a goal and work hard to accomplish it using the ninja skill, determination! Will it be hard, yes. Is it impossible, no! Remember that you have great support all around you to help you face the hard things so you too can succeed in whatever you put your mind and heart to.

ENRICHMENT EXERCISE: Parents, have your child complete the following action steps on the worksheet provided. Determination, not giving up in the face of a challenge is a hard lesson to learn but not an impossible one to master. Consider as your child reflects on a challenge of their own to conquer something in your own life too that may require determination. How can you both support each other in achieving your goals? If you so choose to take the determination challenge on as well, consider how this powerful teachable moment you are engaging in alongside your child will only further strengthen your bond and connectedness as you face your challenges together!

BEYOND THE MATS ENRICHMENT

NAME: _____

Write down one goal that challenges you right now on the mats that you will face this month with determination.

Write down one goal that challenges you right now at home that you will face this month with determination.

Write down one goal that challenges you right now at school that you will face this month with determination.

Towards the end of this month, write down the goal that was most challenging to face from on the mats, at home or school.

How did it feel to face your challenges with determination, an **"I will not give up!"** attitude?

Is there a goal above you still need to work on? What next best steps will better equip you to conquer your challenge with determination?

Have your child bring in their completed worksheet to their Instructor for special recognition of all of their hard work!