

AGES
3-6

SELF-DISCIPLINE

This month, our Life SKILLZ focus is on Self-Discipline!

Do you remember what “Self-Discipline” means SKILLZ Strong Ninja?

Self-discipline means that you listen and behave well, making good choices over bad choices.

Some great examples of self-discipline are:

1. You listen to mom and dad when they tell you to brush your teeth before bedtime without an argument.
2. When your teacher tells you to finish your book quietly during reading time even while others are making noise.

How awesome is showing great self-discipline!

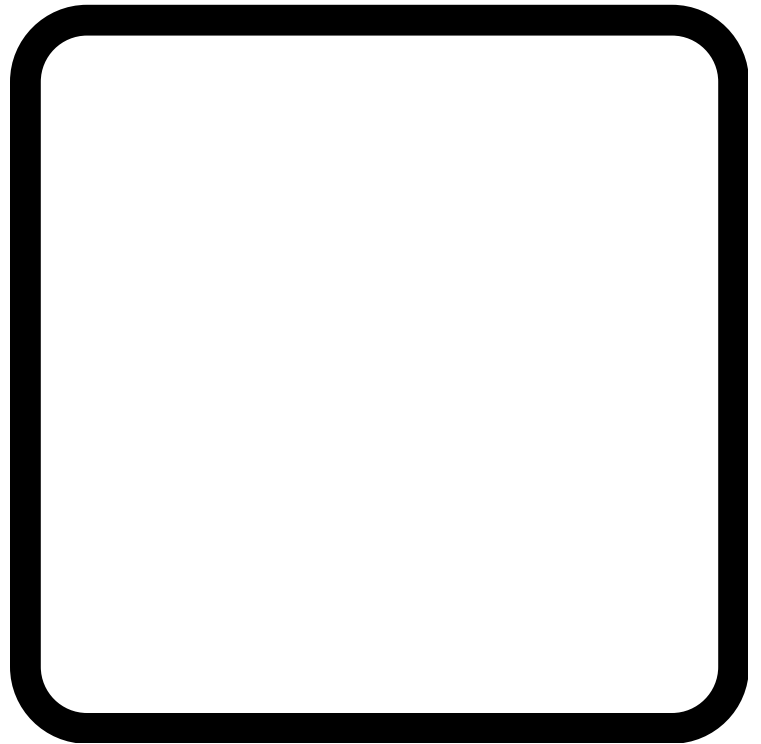
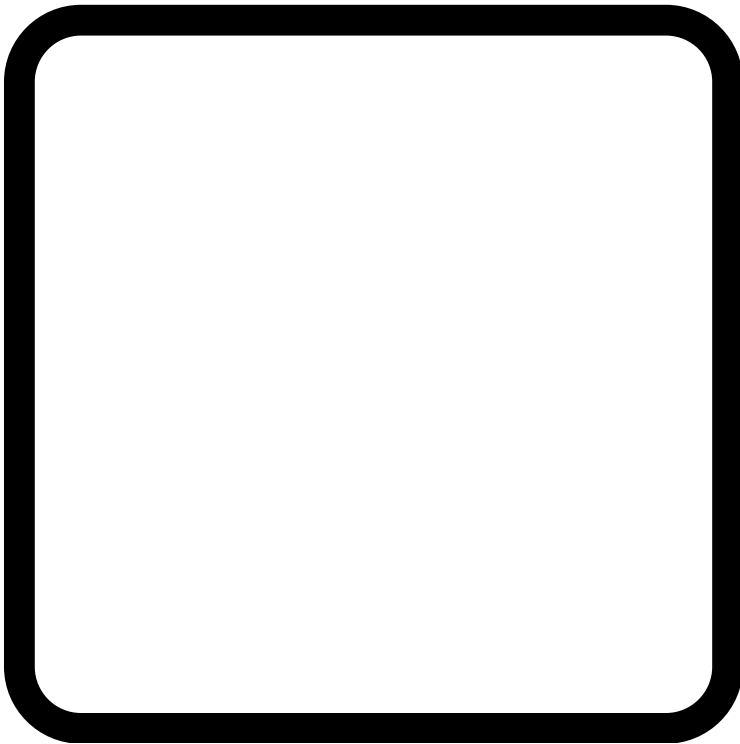
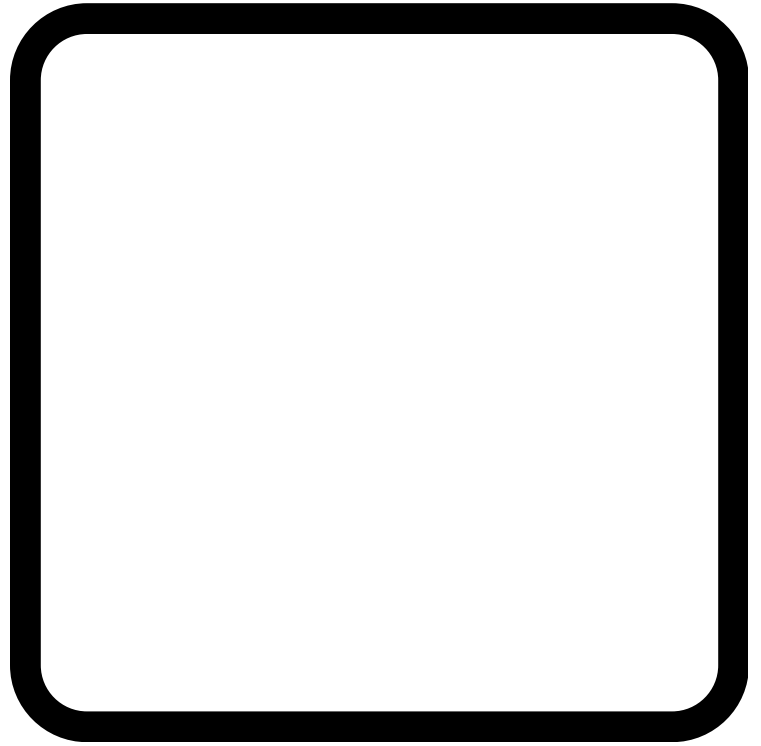
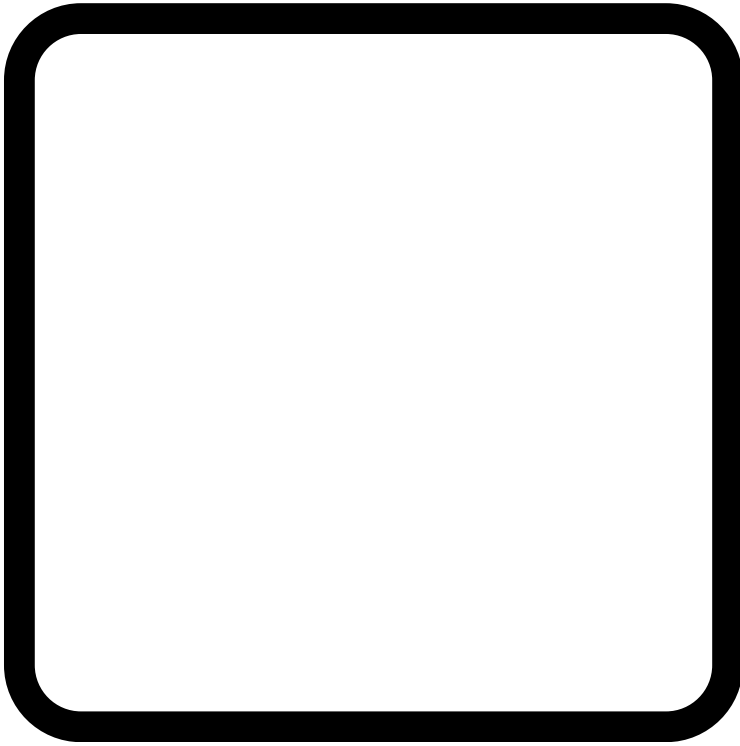
Remember, each new day brings opportunities to make choices that affect not only us but our friends and family around us too!

This month, we want you to practice self-discipline at home! Self-discipline, just like your incredible ninja kicks and punches, takes practice. Over time, with consistent practice, self-discipline will become as easy as writing your name or putting on your shoes to go outside and play.

ENRICHMENT EXERCISE: Parents, have your child draw or write down one task at the beginning of each new week this month that they will practice with great self-discipline. Maybe your SKILLZ Strong Ninja will choose to brush their teeth without a fight for week one and put their clothes away without a fuss when asked to for week two. Remember, as much as we would love to see our children master all requested missions with great self-discipline the first time, it is a skill that must be practiced and nurtured in order to flourish.

BEYOND THE MATS ENRICHMENT

NAME: _____



Have your child bring in their completed self-discipline missions to their Instructor by the end of September for special recognition of all of their hard work!

AGES
7+

SELF-DISCIPLINE

This month, our Life SKILLZ focus is on Self-Discipline!

Do you remember what "Self-Discipline" means SKILLZ Strong Ninja?

Self-discipline means you know right from wrong and choose to make the better choice. You fully understand the consequences that come from poor decision making.

When we make the better choice to follow what is expected of us both at home and at school while treating others with love and kindness, we are modeling great self-discipline!

Remember, self-discipline is an amazing ninja skill that will help guide you in staying in control of yourself all while having more fun in the process!

This month, we want you to practice self-discipline at home! When mom or dad are asking you to complete a mission, be sure to find their eyes when they are speaking to you. Being a "big kid" means parents should not have to ask you more than once to pick up your clothes or empty the dishwasher. Get it done the first time with a big smile on your face! Remember, with better choices consistently comes the reward of more privileges because you have demonstrated a higher level of maturity and responsibility.

ENRICHMENT EXERCISE: Parents, have your child complete the following action steps on the worksheet provided. Self-discipline is something we expect to see on the mats but more importantly at home and school! This exercise will help your child to determine how they can model, nurture and express their best self-discipline across varying environments with your continual support and guidance. Remember, we as adults are not perfect and can falter in our own self-discipline at times too. Should your child struggle with self-discipline in a particular environment during this exercise, help them dust off a poor decision made by prompting, "What is a better choice we can make next time?"

BEYOND THE MATS ENRICHMENT

NAME: _____

How can I model self-discipline while I am on the mats?

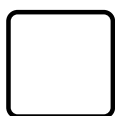
How can I model self-discipline while I am at home?

How can I model self-discipline while I am at school?

Where is it easiest to model self-discipline; on the mats, home or school?

Why is it easier do you think to model self-discipline at _____ vs. _____ ?

How can you improve your self-discipline where it is hardest to do?



Place a sticker or check in the box once you have shown improvement in your self-discipline where it is hardest to do.

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