

# KARATE KIDS CANADA



## ACTS OF KINDNESS BOARD

Please take some time to complete the Acts of Kindness Board below. You and your parent can put a check mark in each box when you have completed the activity.

When all the boxes have check marks, bring it back to your Karate Kids Instructor  
**and receive a BONUS STICKER for your belt!**

Clean up / put away your belongings after using them	Complete a chore without your parents having to ask you  (make your bed, clean your room, clean the dishes, etc.)	Give a nice compliment to someone	Make a thank you card for your teacher, parent or friend
Put your best effort into a chore that is not your favourite	Play with someone new during recess or include others in your game	Set the table for dinner	Help someone else clean-up
Hold a door open for someone	SMILE ☺ at 10 people at school	Help your sibling or neighbour with a task they are doing (taking out garbage, homework, gardening)	Tell someone why they are special or important to you
Help your parents with a meal preparation	Tell a joke, make someone laugh	Say 'hi' to someone new at school	Say please and thank you when you interact with others

STUDENTS NAME: \_\_\_\_\_

PARENTS SIGNATURE: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

# KARATE KIDS CANADA



## "HOW I SHOW RESPECT"

Fill out this worksheet and return it to your Karate Kids Instructor to earn a **BONUS STICKER** for your belt!

**RESPECT MEANS:**

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I show respect to myself by:

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I show respect to my friends and classmates by:

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I show respect to my teachers by:

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I show respect to my parents by:

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STUDENTS NAME: \_\_\_\_\_ PARENTS SIGNATURE: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_