Name: _____ Age:_____

Karate for Kids Star Worksheet

GOALS IN OUR COMMUNITY

A goal is something you want to achieve. The only way to reach a goal is to make sure you're working towards it! If you aren't working towards your goal, then it's only a wish. Our community is the area around where we live and all the people in it. This month, we want to set goals that make our community a better place by demonstrating the good behaviors below ten times each throughout the month. Have a parent date and initial each time you do one of the good behaviors below that can help make your community a better place. Get a star for each goal you complete by the end of the month! That means you can earn up to 4 stars! The examples next to each task are only suggestions, parents please feel free to reward other positive behaviors that fit into the goals below.

Show Respect to Everyone!

We show our respect in lots of ways, like looking at someone and listening when they speak to us and answering them out loud if they ask us a question. We show respect by following the rules wherever we are and taking pride in our surroundings. Behaving quietly at church or taking good care of things you borrow also shows respect.

Date Practiced										
Parent Initials										

Use Your Courtesy!

Remember to say please if you ask someone to do something for you and thank you when someone does something nice for you! Helping someone pick things up if they drop them, holding open doors for someone who needs help and using good manners are all examples of courtesy.

Date Practiced										
Parent Initials										

Be Helpful!

If everyone pitches in, we can get a lot done together! Find ways to help your family, friends or neighbors. This can include helping mom and dad with chores around the house, helping to keep your classroom at school neat and tidy, helping a friend clean up their toys, helping a neighbor rake leaves (if mom and dad allow!) or by taking care of a someone who is sick or injured.

Date Practiced										
Parent Initials										

Give Back!

Make a picture or card for a relative you haven’t seen in a while to brighten their day! Try giving compliments to people you know by saying something nice about them. Do you have clothes or toys you don’t use anymore? Gather them together neatly and ask mom or dad if you can donate them to kids who may need them! If you have a friend or relative who is lonely, you can give them your time by reading or playing a game with them.

Date Practiced										
Parent Initials										