



# S.T.A.R.S. Theme: Courage

## Monthly Theme: "Courage"

Courage has many different meanings; Daring to attempt difficult things that are good for you. The strength not to follow the crowd, to ability to say "no" and mean it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.

### Monthly Activity:

**Mighty Mites: Parents.** read the story on page two. Take some time after the story to discuss the questions that follow with your son/daughter. Please help them with the short assignment. Only sign this sheet when you feel satisfied that he/she understands what courage is and how to use it when confronted with today's "dragons".

**Karate Kids & Teens:** Interview at least two of your family members and have them think back and try to recall a time when they had a chance to stand up for what they believe - a time when "the crowd" was doing something wrong, dangerous or harmful and they said no or tried to talk them out of it. Write their experience down in the space provided. Next, try and recall two times in the past when you used your courage to stand up for something you believed in. Think of how you can learn from your family's and your own experiences.

Remember these sheets are *your* responsibility not your parents'. [Late work sheets will not be accepted.](#)



Student Name (*first & last*) \_\_\_\_\_

BELT RANK: \_\_\_\_\_ AGE: \_\_\_\_\_

### 5 S.T.A.R.S. Requirements

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

- Good Behavior at home
- Good Behavior and Passing Grades at School
- Good Karate Class Attendance
- Completion of the Monthly Report
- Turning in the Report by Due Date.

Please check all boxes if they apply. By signing above you agree that your child has performed all the tasks listed to the best of their ability. The final day to return report and earn a Black Stripe is **AUGUST 28**

## Mighty Mites

The following story can help older pre-school and young elementary school age children relate storybook bravery to their own everyday behavior.

A young prince had never seen a real dragon before, but he had heard of dragons and knew of their great strength and of the hot fire they could breathe out their nostrils. One day he had gone for an early ride on his favorite horse and had just galloped down the path into the woods. As he turned a corner, he found himself face to face with a dragon. He could have turned his horse and ran, and maybe he could have escaped, but the dragon was heading for the town and would surely hurt or kill the people. With his heart beating fast with fright, the prince drew his sword and charged straight at the dragon. The dragon was so stunned by the prince's courageous charge that it turned and ran away. The dragon was gone and the kingdom was saved.

Parents, expand and elaborate this story as you wish. Then ask: "Did the prince have courage?" (yes) "Do we need courage today in this world?" (yes) "Why? We don't have dragons." (because there are other things than dragons that require courage). Review the following list of today's "dragons" - things that take courage, and write down two of your own.

- . Admitting you are wrong when you are
- . Doing what is right when everyone else isn't
- . Saying "hi" to a new child at school or at karate
- . Saying no when kids try to get you to do something you know you shouldn't
- . Asking for extra help when you know you need it

## Karate Kids & Teens

Family Member #1

---

---

Family Member #2

---

---

Family Member #3 (optional)

---

---

Your own experience in courage #1.

---

---

Your own experience in courage #2

---

---

Student's Name \_\_\_\_\_ BELT RANK: \_\_\_\_\_

Dated this \_\_\_\_ day of \_\_\_\_\_ Signed by \_\_\_\_\_

*This month my son/daughter has demonstrated the qualities of responsibility required by Red Dragon Karate for students seeking to earn their black belt excellence stripe and STAR.*