



# Cyber Superstar Award

For all Martial Arts and Fitness Students

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While our classes in the dojo/studio are temporarily suspended, Okami Kai Martial Arts and Fitness wishes to continue our mission of encouraging our students to bring out the best in themselves and others.

In addition to providing online classes for our fitness and martial art students and continuing to assist with our students' physical goals we are proud to announce our NEW Cyber Superstar Award Program.

Awards will be given based on the student's ability to inspire happiness and well being by completing our tasks in our **Happiness Plan**.

## Okami Kai's Happiness Plan

Check (✓)  
when  
completed

\_\_\_\_\_ **HAPPY BODY:** Exercise regularly (attend fitness or martial arts classes 2x week) and maintain happy hand hygiene.

\_\_\_\_\_ **HAPPY MIND:** Do online homework, read a book, learn something new (e.g.: musical instrument, new language)

\_\_\_\_\_ **HAPPY SPIRIT:** Say one happy thing to someone at home or outside of the home every day

\_\_\_\_\_ **HAPPY SELF:** Say one happy thing to myself every morning and night

\_\_\_\_\_ **HAPPY HEART:** Do something kind for my family or friends every day.

\_\_\_\_\_ **HAPPY FAMILY:** Do fun things with my family every day

\_\_\_\_\_ **HAPPY HOME:** Clean the house, do yard work, take care of plants, improve décor.

\_\_\_\_\_ **HAPPY COMMUNITY:** Reach out (with safe physical distancing) to help others.

- Open to all Okami Kai Martial Arts and Fitness Students.
- Students 3-16 years of age need a parent/guardian's initial in place of a check mark to indicate the completion of each task.
- Students will receive a special certificate (by email) for each time a **Happiness Plan** is completed which can be redeemed for star patches when classes resume.
- In coordination with our "Take 5" program, students who submit 5 completed Happiness Plans will receive a special star patch and a \$5 Tim Horton's gift card.