



Take the Honesty Challenge!

“Honesty means telling the truth, even when it isn’t easy”

Karate kids learn the value of being honest. It’s not always easy to tell the truth, especially if we think someone might be disappointed in us. But we tell the truth because we always want to be trusted. Sometimes when we tell the truth, someone might be upset, but that doesn’t last. If we lie, it’s harder for someone to forget that we didn’t tell the truth.

Describe one time when you used honesty either in your karate class, at home or at school.

Use the Life Skill Adventure Map to complete all 8 Challenges and earn a prize!

Student Name: _____ **Date:** _____