



## Take the Kindness Challenge!

**“Kindness means being friendly, generous and considerate to other people”**

Karate kids know it’s easy to be kind to their family and friends, but we want to be kind to other people too. If there’s a kid in school that gets picked on, we can show them kindness by saying hi or playing with them at recess. Being kind also means being generous, like sharing our things.

**Describe one time when you used kindness 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:** \_\_\_\_\_