



S.T.A.R.S.

Students Taking A Responsible Stand

KINDNESS

McCoy's Action Karate's Character Development Program



Kindness: "Awareness that being kind requires strength. The tendency to understand rather than to confront. Gentleness, particularly toward those who are weaker or in need."

Monthly Activity: Understand Kindness! Parents please help your child with the following activities.

Think about these, determine which are using kindness and which are unkind. Circle the appropriate answer.

Tim is invited to play video games at Shane's house, but after an hour or playing he says, "I am tired of playing this game. I'm going to Zach's house and see what he is doing."

KIND **UNKIND**

Billy is going to play basketball with all of his friends. After dinner Billy stays a little longer to help mom clean the kitchen.

KIND **UNKIND**

Daniel knows that his younger brother has trouble with video games. Every time his brother ask for his help, Daniel takes the controller.

KIND **UNKIND**

Random Acts of Kindness : Performing random acts of kindness means doing kind things for others because it is the right thing to do, for no other reason. Please list and describe 10 random acts of kindness that you have performed in the past two weeks.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.



Student's Name: _____

Date STARS Completed: _____

Parent's Signature: _____

Please talk to my Child about: _____

McCoy's Action Karate

Student Page: MActionKarate.com
Public Page: MccoysActionKarate.com

This Month's Stripe Color is **BLUE**.
Blue reminds us of the Power of the Ocean.