

S.T.A.R.S.

Students Taking A Responsible Stand

Self Discipline

McCoy's Action Karate's Character Development Program

Self - Discipline

Self-discipline means many things: Doing things you're responsible for with out anyone having to tell you to do it, being able to motivate and manage yourself and your time, being able to control yourself and your temper and even being able to control your appetite.

Monthly Activity: The "Too Much" Game. Too much can sometimes be worse than too little. Fill in the blanks below, letting us know why TOO MUCH of each thing could be bad for you. For example: Too much candy... You might get cavities.

1. To Much TV You Might _____

2. To Much Food.... You Might _____

We also feel that it is important that our students fill out a "To Do List" for each week to reinforce the importance of self-discipline and responsibility. X the boxes as your parents agree you have done them!

Behavior	Week 1	Week 2	Week 3
Brush Your Teeth			
Do Expected Chores			
Eat To Win			
Show a Positive Attitude			

Behavior	Week 1	Week 2	Week 3
Perform acts of Kindness			
Respect Family			
Demonstrate Patience			
Read Daily			

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: _____