

Name _____ Belt _____

COURTESY

How does the dictionary define the word **Courtesy**?

Give an example of a courteous act:

How will being courteous to others help us?

KINDNESS

List three words that help to describe **Kindness**:

Name one person who showed kindness to you this week: _____

How did the act of kindness make you feel? _____

Write one way that you can show kindness to someone in your Taekwondo class:

Bonus: Can you write what many people call "The Golden Rule"?

FAVORS

A **favor** is:

List 3 favors that you have performed, or will perform, for your friends or family this week:

1. _____
2. _____
3. _____

Should you expect anything in return when you do a favor for someone?
YES OR NO? WHY OR WHY NOT?

GOOD MANNERS

How does a person with **good manners** behave when they are with other people?

Give an example of good manners:

At school: _____

At home: _____

At Taekwondo class: _____

At a friend's house: _____

At a store: _____

At a restaurant: _____