

TINY TIGER HOMEWORK

Name _____ Belt _____

CONFIDENCE

To have **confidence** means you believe in _____

Name a move that you do in Taekwondo that you are **confident** that you do well each time you do it. _____

Name one thing in school that you can do that you are **confident** that you do well each time you do it. _____

How do you feel knowing that you can do these things well each time you try them? _____

ATTITUDE

Attitude is how your mind feels about what you are doing. A person can have a **good attitude** or a **bad attitude** about trying to do something. What kind of **attitude** is each person displaying in the examples? **Good** or **Bad**:

1. _____ George fell down while he was practicing a reverse sidekick, but he got right back up to try it again.
2. _____ Emily threw down her pencil after she tried only once to correct a math problem she missed.
3. _____ Tyler quit his t-ball team because he didn't get to play the position he wanted to play during practice.
4. _____ Lori was not chosen to be a cheerleader, but she happily participates in the pep squad at school.
5. _____ Sam was not able to break the green board during his last Taekwondo class so he decided he would ask the instructor if he could try again in the next class.

ENTHUSIASM

Enthusiasm means you have eagerness and interest in learning or doing something.

List 3 ways that you can show enthusiasm during your Taekwondo classes:

1. _____

2. _____

3. _____

How does your enthusiasm for learning Taekwondo help others in your classes?

POSITIVE THINKING

Circle the correct word(s) to finish the sentences:

1. If you are a positive thinker, then you believe you **can** or **can not** accomplish something.
2. The opposite of positive thinking is **good** or **negative thinking**.
3. Positive thinking **helps** or **hurts** our chances of doing something.
4. Susie participates in a tournament and believes because she has practiced, she will do well. Susie is thinking **badly** or **positively** about her chances to bring home a 1st place trophy.
5. Positive thinking will help you to **give up** or **keep trying** if you don't succeed at something.

Write down your own phrase or saying that can help you create positive thinking when you face a difficult challenge:

(Remember this phrase and say it to yourself when you are working on a hard kick, jump or form in Taekwondo.)