

# TINY TIGER HOMEWORK

Name \_\_\_\_\_ Belt \_\_\_\_\_

## SELF IMPROVEMENT

Self improvement means making ourselves better. You can make your body and your mind improve in many ways.

Name one (1) way you can improve your body: \_\_\_\_\_

\_\_\_\_\_

Name one (1) way you can improve your mind: \_\_\_\_\_

\_\_\_\_\_

What is one part of your taekwondo training that you want to improve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EDUCATION

Write down your age: \_\_\_\_\_

If you are 4 or 5:

On a separate piece of paper write your name, phone number, the alphabet and the color of belt you have earned in taekwondo.

If you are 6 or 7:

On a separate piece of paper write your name, phone number, the alphabet, the numbers 1-10 and the color of belt you have earned in taekwondo.

Education is very important. We can learn from many different people. Besides a school teacher, name two (2) other people you can learn from:

1. \_\_\_\_\_

2. \_\_\_\_\_

## EXERCISE

Exercise can make many parts of our body stronger. Name three (3) parts of our body that will improve with exercise:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is your favorite exercise? \_\_\_\_\_

Do this exercise ten (10) times for your parents.

Parents, if this exercise is done correctly sign here: \_\_\_\_\_

## NUTRITION

“You are what you eat.”

List five (5) healthy foods:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

How can eating good, healthy foods improve a person's life?

\_\_\_\_\_  
\_\_\_\_\_

Name your favorite **healthy** food:

\_\_\_\_\_