

# AKKA Karate USA

## *S.T.A.R. HOMEWORK*

Month: **January**- How can I be a STAR?

Stop Think Act Review

Success Through Acting Responsibly

Name : \_\_\_\_\_

Student # \_\_\_\_\_

### **Activity:**

Students make a poster showing how he/she can be a STAR.

### **Vocabulary:**

Stop, Think, Act, Review, Success, Responsibility, Decisions, Consequences, Determination

### **Questions:**

- 1) What does it mean to win?
- 2) If we work hard, try and make the best decisions we can, can we be a STAR?
- 3) If we stop and think before acting, can this help us at home and school? How?
- 4) What is success?
- 5) What if we didn't have a S.T.A.R. program here- would you still be making decisions, would they have consequences?
- 6) What does S.T.A.R. do to help us make better decisions?

### **Monthly Behavior:**

Honestly Grade on a Scale of 1-10 (1-Bad, 10- Great)

Respect\_\_\_\_ Behavior\_\_\_\_ Chores\_\_\_\_ School Work\_\_\_\_

Notes-

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

This month my child has demonstrated both at home and school, those qualities of responsibility required by AKKA Karate USA for students seeking to earn a S.T.A.R. patch of achievement. By our signature, we also state that our child has successfully completed the monthly activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_