

AKKA Karate USA

S.T.A.R. HOMEWORK

Month: **September**- How can I keep my commitments?

Stop Think Act Review

Success Through Acting Responsibly

Name: _____

Student # _____

Activity:

Student gets homework and chores done in a timely fashion. Parent's signature at the bottom indicates student followed through with the activity.

Vocabulary:

Promise, Pledge, Commitment, Complete, Perseverance, Responsible

Questions:

- 1) How does one get better at something they are not good at?
- 2) How do you feel when you complete a task?
- 3) How can you remember what commitments you make?
- 4) When something is hard or difficult and you keep doing it because you made a commitment, what does it show?
- 5) Can you be a STAR if you are responsible for your commitments?
- 6) When we break a promise, it shows we are trustworthy- true or false?

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: _____