

White Belt/Yellow Stripe – Respect

Name: _____ Date: _____

Respect is a valuable life skill. The proper use of respect can help you avoid conflict, accelerate your learning and strengthen your relationships with friends and family.

There are many ways to show respect at the dojo.

1. Lining up quickly and quietly
2. Leaving neatly folded clothes in the dressing room while you train.
3. Always raising your hand in class
4. Never stepping over a weapon on the floor
5. Always bowing to your partner after practicing and say thank you for training together

Can you come up with 3 more ways to show respect at the dojo?

1. _____
2. _____
3. _____

There are many ways to show respect at Home.

1. Saying “thank you” when someone helps you with something.
2. Saying “Please” when you ask your brother/sister or a friend to do something.
3. Keeping a low voice while family members are watching T.V. or reading.
4. Avoiding walking in front of someone while they are playing video games.
5. Saying “Yes, Mom” or “Yes, Dad” when asked to do the dishes.

Can you come up with 3 more ways to show respect at home?

1. _____
2. _____
3. _____

Can you come up with three other places you can use respect?

1. _____
2. _____
3. _____

Why is respect important to you? _____

Parent Name: _____

Parent Comments: _____

