

FOCUSED KIDS

LIFE-SKILLS DEFINITION SHEET



To Pay Attention.



Working Together.



Power Over Yourself.



To Be Centered
& Focused.



To Remember.



To Always Do Your Best.



To Exercise.



To Move Your Body Well.



To Act & Speak
With Respect.



Treat People The Way You
Want To Be Treated.



To Believe In Yourself.



Somebody You & Your
Parents Don't Know.

The purpose of this life-skills definition sheet is to introduce and incorporate the language of character education into your child's development.

We encourage you to read and share this along with the Student-Parent Handout with your child and make it your own. The real value comes in the planting of seeds for all the life skills that help your child be their very best.

Every twelve weeks your child will graduate to their next belt. The instructor will ask them the definition of each of the twelve life-skills. If they can recite each one, they will earn a black belt merit badge. And more important, they will learn to live their best life.



Powered by:

ExcellentKids

FOCUS
MARTIAL ARTS

FOCUSED KIDS



Welcome to “FocusedKids,” our Pre-K & Kindergarten life-skills martial arts program. It features 12 important life-skills taught in an age-specific curriculum that is fun and engaging. FocusedKids gives your child the tools to succeed at home and in school.

Each week your child will build their confidence learning life skills such as focus, teamwork, respect, discipline, and more. They’ll gain valuable awareness of their body through coordination, control, and fitness. You will feel confident knowing they can safely act when they practice what to do when faced with a bully or stranger.

You’ll get to join your child on the mat for the parent participation portion to practice these life-skills in everyday situations. Your child will learn to look you in the eyes when you speak to them and to wait respectfully when you are on the phone. They’ll practice good manners by answering you with “Please” and “Thank you” and to do things the first time you ask.



Your child’s self-esteem will grow as they earn a new life-skills stripe every 2 weeks. You’ll feel empowered with the “Student/Parent Handout” and life-skill badge that you can use to motivate your child to continue the learned behavior outside of class.



FocusedKid’s purpose is to help your child be their very best. We are grateful to offer this life-skills building program to you.

FOCUSEDKIDS SCHEDULE (AGES 4-6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
3:30-4PM	3:30-4PM	3:30-4PM	3:30-4PM	11:30AM-12:15PM
6:15-6:45PM	6:15-6:45PM	6:15-6:45PM	6:15-6:45PM	12:30-1:15PM