

PARENT HANDOUT



SUCCESSFUL LIFE SKILLS FOR CHILDREN OF THE MARTIAL ARTS

Character Training and Development – GOOD SELF CONTROL.

This month during our Character Training & Development portion of our class, our topic will be **Good Self Control**.

We all know that kids are going to occasionally lose their tempers and do something illogical. It is part of the maturing process. However, we also know that the sooner they learn to demonstrate good self-control, the better and more enjoyable their life will become.

Over the next month, we will be discussing what it means to have good self control, why it is important to have it, and examples of good self-control.

Each week, we will be discussing a different aspect of **Good Self Control**.

Week 1 – Mind Over Emotion

Week 2 – Body Over Emotion

Week 3 – Balance Over Emotion

Week 4 – Words Over Emotion)

We encourage you to discuss these themes with your child often. This will, of course, help to solidify these ideas into their memory bank (imprinting) and allow them to more fully utilise these themes into their life.



PARENT HANDOUT

