



EXCELLENCE

RED DRAGON'S S.T.A.R.S. Report



Monthly Theme: KNOWLEDGE IS POWER

Mental Strength

WEEK 1-Building your mental strength is the key to learning anything new. When we get frustrated or tired our brain wants to shut down, but just as runners get their second wind by not giving up when their body wants to slow down, you can get your “second mind” by not giving up when you start to get frustrated or tired. Continuing to concentrate when your brain is tired or discouraged is the secret to expanding your attention span and building mental strength. The key is called: “Five More!” Read **five more** pages. Finish **five more** math problems. Practice your martial arts just **five more** minutes. From now on, if you’re in the middle of something and tempted to give up -- just do **FIVE MORE!**

Focus Master

WEEK 2- Focus is another word for concentration. When you are able to concentrate better and focus on what a teacher is saying to you, your brain gets stronger and learns faster. Here are three great techniques you can use to improve your focus and concentration so you can become a Focus Master: **Look at your teacher** (look directly at their eyes when they are speaking), **clear your mind and listen** (give your teacher your full attention), and **stay perfectly still** (freeze like a statue!)

Readers are Leaders

WEEK 3- Reading paves the way to success in school and in life. It can build your self-confidence and motivate you to set high expectations and goals. Reading initiates creativity and opens your mind to expand! Even reading for 10 to 15 minutes a day can ignite your imagination. Picking topics that you want to learn more about or things you don’t know about are great ways to expand your knowledge. Develop an ongoing habit of reading for 10 to 30 minutes each day and your mind will grow with knowledge, creativity, and imagination. Be on a quest to learn something new every time you read.

Around the World

WEEK 4- It is very important to study the world in which we live. Understanding how other cultures live, communicate, eat and study will give you “Global Knowledge.” You can use this knowledge of our world to help understand both everyday life and cultural traditions in other countries. This knowledge is a very valuable tool for traveling overseas, making new friends around the world, and even getting an international job in the future. Make it a point to learn about other continents and countries. The more you know the more you can contribute to others lives and the world.

Parents: have your child complete the 4 assignments on the back of this sheet. Help them when you need to and let them grow and gain independence when you can. Sign the bottom of page 2 before they return this homework to the studio on STRIPE TESTING DAY.

Complete these assignments each week: **Be honest!**

MENTAL STRENGTH

M T W TH F

1. Today I read 5 more pages than required from a homework assignment. [] [] [] [] []
2. Today I did 5 more math problems than required for MATH. [] [] [] [] []
3. List all the weekly house chores you did this week: _____

4. Name the 3-5 kicks you did and how many times you did each: (ex: snap kick 25 times) _____

FOCUS MASTERS

1. What are the THREE Focus Master techniques? _____

2. Tell your school teacher the three ways to become a Focus Master. [] Yes, I did this!
3. Have a parent set a timer and see how long you can stay perfectly still. List your time _____
4. Who can you think of that is a MASTER of FOCUS? _____

READERS ARE LEADERS

1. NAME the book you are reading _____
2. Read an article from an on-line news source, about a famous world leader. List who it was _____ and what the article was about _____

3. Ask your teacher what their favorite book was when they were your age. Write the name here: _____
4. Ask a parent or sibling to read to you from one of their favorite books. [] [] [] [] []

M T W TH F

AROUND THE WORLD

1. Look up a famous city in a book or online and find out one interesting fact. City name: _____
FACT: _____
2. Watch a travel show or documentary with your family about a foreign city, country, or group of people. [] [] [] [] []
3. Ask an instructor or a parent to teach you one new word from another language. What is the word? _____ What does it mean? _____
4. Talk to a local friend who is from another country. Ask them to teach you something about their culture. What did you learn? _____

By signing below I certify that my child has completed the Red Dragon life skills homework. They are ready for the "Stripe of Excellence."

Parent Signature

DATE