

## NINJAS AND DRAGONS

### SET UP:

- 1. PRINT OUT THE GAME BOARD**
  - **IF YOU DON'T HAVE ACCESS TO A PRINTER, YOU CAN CREATE YOUR OWN BOARD ON A PIECE OF BLANK PAPER.**
- 2. FIND SOMETHING FROM AROUND THE HOUSE TO USE AS YOUR MARKER (A LEGO PIECE, A ROCK, A CHEERIO, A MINI FIGURE, ETC)**
- 3. FIND SOMEONE TO PLAY WITH**
- 4. IF YOU DON'T HAVE A DYE AT HOME, TEAR A PIECE OF PAPER INTO 6 EQUAL PARTS AND WRITE THE NUMBERS 1-6 ON THEM.**

### HOW TO PLAY:












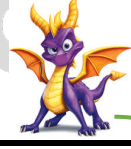







- 1. ROLL THE DYE, OR PICK UP A PIECE OF PAPER YOU CREATED AND MOVE YOUR MARKER**
- 2. IF YOU LAND ON A NINJA - CLIMB THE BLUE ROPE TO THE NEXT NINJA**
- 3. IF YOU LAND ON A DRAGON - FOLLOW THE GREEN ROPE DOWN**
- 4. CHALLENGE SPACE - IF YOU LAND ON A PIECE WITH AN EXERCISE, COMPLETE IT.**
- 5. FIRST PERSON TO REACH BLACK BELT STATUS WINS**

### GAME BOARD BELOW

karate kids

### LOOKING FOR MORE WAYS TO PLAY:

- **CREATE YOUR OWN GAME. DRAW A GRID ON A BLANK PIECE OF PAPER.**
- **ADD IN NINJAS - OR ANY OTHER SYMBOL YOU LIKE. YOU CAN DRAW IT OR USE STICKERS.**
- **ADD IN DRAGONS - OR ANY OTHER SYMBOL YOU WOULD LIKE. YOU CAN DRAW IT OR USE STICKERS.**
- **ADD IN SOME KARATE & FITNESS MOVES**
- **PLAY**

|                                                                                                                     |                                                                                           |                                                                                           |                                                                                          |                                                                                             |                                                                                            |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 60<br><b>BLACK BELT STATUS</b><br> | 59<br>   | 58<br>CHOOSE YOUR OWN EXERCISE                                                            | 57<br>  | 56                                                                                          | 55                                                                                         |
| 49                                                                                                                  | 50                                                                                        | 51                                                                                        | 52<br>5 FRONT KICKS                                                                      | 53                                                                                          | 54<br>  |
| 48<br>                             | 47                                                                                        | 46<br>   | 45                                                                                       | 44<br>5 JUMPING JACKS                                                                       | 43                                                                                         |
| 37                                                                                                                  | 38<br>5 SQUATS                                                                            | 39<br>   | 40                                                                                       | 41                                                                                          | 42                                                                                         |
| 36<br>                             | 35                                                                                        | 34<br>5 LOW BLOCKS                                                                        | 33<br> | 32                                                                                          | 31<br>  |
| 25                                                                                                                  | 26<br>5 PUSH UPS                                                                          | 27                                                                                        | 28                                                                                       | 29                                                                                          | 30                                                                                         |
| 24                                                                                                                  | 23<br> | 22<br> | 21<br>5 HIGH BLOCKS                                                                      | 20                                                                                          | 19                                                                                         |
| 13<br>                           | 14                                                                                        | 15                                                                                        | 16                                                                                       | 17<br> | 18<br>5 PUNCHES                                                                            |
| 12                                                                                                                  | 11<br> | 10<br>5 SIT UPS                                                                           | 9                                                                                        | 8<br>  | 7                                                                                          |
| 1<br><b>START</b><br>            | 2                                                                                         | 3<br>  | 4                                                                                        | 5<br>3 FRONT KICKS                                                                          | 6<br> |

# Kindness with Karate Kids



*“Three things in human life are important.  
The first is to be kind. The second is to be kind.  
And the third is to be kind.” – Henry James*

**Karate is about discipline, strength, perseverance AND it also about being kind.**

Treating your teammates with respect and courtesy is another way of showing kindness. When you bow to your sensei you are saying “You matter to me”. When you cheer on your friends as they are learning new moves you are saying “I care about you”.

There are many different ways to be kind. To help you practice some of the different way you can show kindness within your own house we’ve created a scavenger hunt for you to complete.

## See how many kindness points you can collect!

- **10 points** - Find one way to make a person in your house smile
- **15 points** - Find 2 chores to do in your house that you don’t normally do and do them, without being asked
- **10 points** - Create a picture or a story and share it with your family. With your parents’ permission email it to [meagan@KarateKids.ca](mailto:meagan@KarateKids.ca) and we will select some to be shared our website for everyone to see
- **10 points** - Sit quietly for 3 minutes. Spend that time thinking of all the times people were kind to you and how it made you feel.
- **10 points** – Be kind to yourself! Find a mirror and tell yourself that you are strong, smart and AMAZING!

**CONGRATULATIONS!**

You earned

**Kindness Points! That’s amazing!**

Did you know that Kindness is the ultimate superpower? By being kind, you have the power to make other people feel great, and as a bonus, you feel great too!

### SET A KINDNESS GOAL: Complete the sentence below:

This week I will commit to being kind by:

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# KARATE KIDS WORD SEARCH



Find and circle the following words in the grid below:

BLACK BELT  
BOW  
DOJO

FRONT KICK  
FOCUS  
HIGH BLOCK

JAPAN  
KIAI  
LEADERSHIP

PUNCH  
RESPECT  
SENSEI

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | D | A | F | L | S | K | I | A | I | L | O | T |
| L | E | D | O | F | N | M | U | J | P | E | C | D |
| B | L | A | C | K | B | E | L | T | L | A | F | O |
| S | E | N | U | S | H | P | I | B | O | D | R | J |
| F | O | C | S | E | N | S | E | I | A | E | B | O |
| L | A | R | E | S | P | E | C | T | O | R | J | A |
| H | I | G | H | B | L | O | C | K | G | S | P | N |
| E | P | U | N | C | H | K | P | B | T | H | I | R |
| D | O | F | O | F | R | O | N | T | K | I | C | K |
| J | A | P | A | N | S | B | O | W | H | P | K | I |

## QUESTIONS:

1. Why do you think the word 'Japan' included in the word search?
2. What three words did you find that describe the positive qualities we teach to our students?
3. What are the three Karate techniques hidden in the puzzle? Ask for your parents' permission and practice 10 of each technique.
4. What does the word 'Kiai' mean?

