



Shushinkan Karate

Online Character Development Program

Black Blackbelt Kindness

What we put out to the universe we will get back. Our community needs leaders like yourself to exhibit the type of behaviour and attitude that makes the world and our community a better place to live in.

Start Date: **Monday April 6th 2020** Completion Date: _____

(minimum of two weeks of good-faith effort)

I hereby certify that my child, _____, practiced and or completed at least three of "Random acts of Black belt kindness" for at least two weeks, by:

During these last two weeks my child consistently:

- Sharing toys, books and personal items with siblings and parents.
- Offered to help mom and dad around the house (without being asked)
- Gave at least one compliment to everyone (mom and dad brother sister cousin etc etc...Every day.
- Used our pleases and thank yous.
- Cheered someone up with a joke or a smile

There is a star below for your child to colour in and keep upon completion. Retain this sheet to bring to dojo when we re-open to claim your special stripe.

