



P • E • R • S • E • V • E • R • A • N • C • E

Never, never, never give up. -Norman Vincent Peale

Student Life Skills Packet

What is perseverance?

- Perseverance is commitment, hard work, patience, endurance.
- Perseverance is being able to bear difficulties calmly and without complaint.
- Perseverance is trying again and again.

Ask your parents and teacher to grade you on this topic, and other important character traits, on the enclosed Star Sheets. Don't turn them in until required. You're instructors will remind you when it's time to turn in your Star Sheets.

You must receive a score of fair, good or excellent to receive a Merit Star on your belt, and be able to test for your next rank...so do your best!

Students enrolled in our Elite & Masters Training Programs are introduced to Life Skills Training as part of a complete program that builds confidence, character and positive self-esteem.

Merit Stars are awarded based on the students' attitude, attendance and over-all improvement at the TaeKwon-Do Academy, home and school.





Red Merit Star

Students will receive a **Red Merit Star** on their belt from the Instructors at Impact Martial Arts for demonstrating the cycle's life skill and the tenets of TaeKwon-Do; courtesy, integrity, perseverance, self-control, indomitable spirit, and victory. Team work, attitude and effort are also a consideration in awarding the Red Merit Star.

People who persevered despite handicaps and disabilities

- Beethoven (composer) - was deaf
- Ray Charles (musician) - is blind
- Thomas Edison (inventor) - had a learning problem
- Albert Einstein (scientist) - had a learning disability
- Terry Fox (runner) - is an amputee with cancer
- Stevie Wonder (musician) - is blind
- James Earl Jones (actor) - was a stutterer
- Helen Keller (author) - was deaf and blind
- Marlee Matlin (actress) - is deaf
- Franklin D. Roosevelt (president) - was paralyzed from polio
- Vincent Van Gogh (artist) - was mentally ill
- Woodrow Wilson (president) - had a learning problem
- Itzhak Perlman (concert violinist) - was paralyzed from the waist down
- Stephen Hawking (physicist) - had Lou Gehrig's disease (of the nervous system)

Cool ways to cope

- ☺ Face and accept what happens in your life.
- ☺ Write about your feelings.
- ☺ Get help if you need it.
- ☺ Try to make it better.
- ☺ Take good care of yourself.
- ☺ Learn and grow from your experiences, including the ones that hurt.

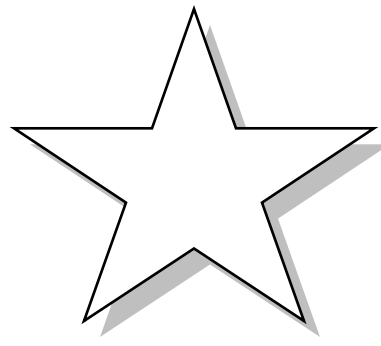
Heroes and heroines

- Susan B. Anthony was a women's rights activist who spent her entire life working for a constitutional amendment giving women the right to vote.
- Marie Curie was a physicist who published 32 scientific papers and continued to study sources of radioactivity over many years.
- Amelia Earhart became famous as the first woman to fly solo across the Atlantic Ocean and as an advocate of aviation and women's rights.
- Babe Didrikson Zaharias was a great American female athlete who excelled in many sports.
- Benjamin Franklin was a leading scientist, inventor, publisher, and politician whose persistence, patience, and hard work paid off. He is on our \$100 bill.
- Wilma Randolph was an Olympics Gold medalist in track who was not able to walk properly as a child.
- El Chino was the first Chinese matador in Spain.
- Martin Luther King, Jr. worked very hard to lead the civil rights movement in the 1960's. He withstood prejudice and resistance to change.

Not so cool ways to cope

- ☹ Escape or avoid your problems.
- ☹ Blame yourself.
- ☹ Blame other people.
- ☹ Blame chance.
- ☹ Blame other things, forces, or powers.

White Merit Star



The **White Merit Star** is earned from the parent. Please discuss the Life Skill topic with your child, then complete the student and parent portions. Merit Star Sheets won't be accepted early.

STUDENT NAME: _____

Put perseverance into action

- ★ When something doesn't work right, try again and again.
- ★ Don't lose your temper when something upsets you.
- ★ Always finish what you start.
- ★ Keep working at something that is difficult until you complete it.
- ★ Don't give up on difficult jobs or situations.
- ★ Work a little harder or a few minutes longer on a task that you do not like.

You show perseverance when you ...

- Try a new sport that is very difficult but you don't give up
- Have a learning disability but keep studying even when discouraged
- Have missed a week of school but you work hard to catch up
- Are at the end of a difficult race but you cross the finish line
- Save money and make sacrifices to buy something
- Spend hours practicing on your music
- Study and work hard to raise your grade
- Try out for something you weren't successful at the first time

To be completed by the student (use back if necessary)

1. Give an example of when you've demonstrated PERSEVERANCE:
2. How did it make you feel?
3. Have you ever given up on something? Explain:
4. How did it make you feel?
5. What is something you need to work on right now to demonstrate PESERVERANCE:

To be completed by the parent

Student is demonstrating PERSEVERANCE at home (circle one)

Excellent Good Fair Needs Improvement

Other Comments:

I have read the above and confirm the above named student is performing satisfactorily at home.

Signed _____ Date _____



Blue Merit Star

Students will earn a **Blue Merit Star** on his or her belt when his or her teacher feels the student is showing leadership qualities in the classroom.

The TaeKwon-Do Instructors will award this Merit Star in class when the student returns the signed sheet from his or her teacher. Note: this is a great tool for helping children improve in the classroom!

Note to Teachers: Thank you for taking time to help this young martial artist improve as a well-rounded martial artist who shows Black Belt effort both inside the Martial Arts studio, at home, and at school. We are currently studying PERSEVERANCE. Please grade the student accordingly and return to the student or parents.

Student's Name _____

Grades Excellent Good Fair Needs Improvement

Concentration Excellent Good Fair Needs Improvement

Listening Excellent Good Fair Needs Improvement

Respect Excellent Good Fair Needs Improvement

Citizenship Excellent Good Fair Needs Improvement

Demonstrating PERSEVERANCE Excellent Good Fair Needs Improvement

Other Comments:

I have read the above and confirm the above named student is performing satisfactorily at school, is treating myself, other teachers, and fellow students with courtesy and respect and is demonstrating PERSEVERANCE.

Signed _____ Date _____

Phone number: _____ Email: _____

Would you like us to do a FREE seminar, workshop or demonstration in your classroom? Call Mr. Nicholas or Mrs. Hayley at 501.224.1222 or send an email to impacttkd@hotmail.com.