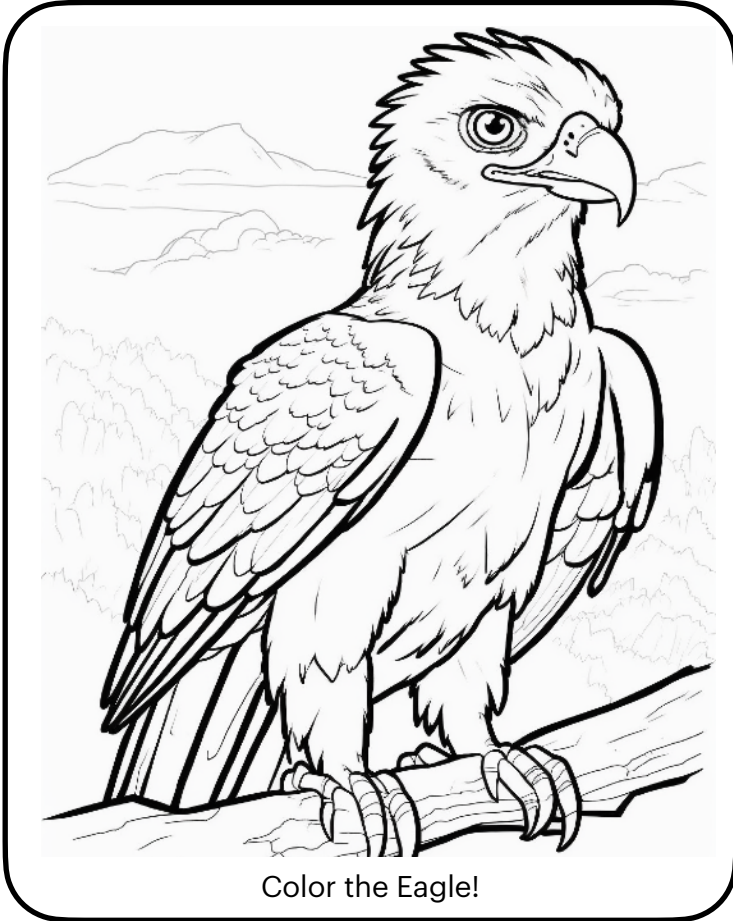




Focus



Color the Eagle!

Did you Know?

An eagle can see prey over 1.5 miles away!

Breathing skills

Squeeze the Ball
Up and Down
Push and Pull

MONTHLY CHARACTER TOPIC - BULLIES

**TODAY'S QUESTION:
WHAT IS A BULLY?
WHO CAN BE A BULLY?**

What do we use to Focus?

Eyes, Ears, Hands and Feet

**What is Focus how did we learn
it today?**

SKILLS FOR TODAY BASED ON BELT

SKILLS ADVANCE WITH EACH BELT
STANCES:

HORSE, BOW, CRANE, DROP OR CAT

STRIKES:

JAB & CROSS, BACKFIST, CHOP, HOOK,
PALM

Safety Tip -

*Snow can be a lot of fun! Make sure to wear
your cap, gloves, boots, jacket! Add snow pants
if you are playing for a long time*

Daily Checklist

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Did I sleep 10-12 hrs?							
Did I eat 3 healthy meals?							
Did I choose healthy snacks?							
Did I exercise today for 20 minutes or more?							
Did I wash my hands after restroom and before eating?							
Did I brush my hair and teeth?							
Did I take a bath or shower?							
Did I sit & stand with a tall body?							

Snowflake Maze!

