



Teamwork



Color the Wolves!

Did you Know?

Wolves look after other members of their pack.

They even have members whose role is "healer" when other members are sick or hurt!

Breathing skills

Hands on Stomach

Squeeze the Ball

Up and Down

MONTHLY CHARACTER TOPIC - BULLIES

TODAY'S QUESTION:

**WHAT ARE WAYS CAN DEAL WITH
BULLIES?**

WHICH IS THE BEST?

**What skills can we work on for
Teamwork?**

**What is Teamwork and how did
we learn it today?**

SKILLS FOR TODAY BASED ON BELT

SKILLS ADVANCE WITH EACH BELT
STANCES:

HORSE, BOW, CRANE, DROP OR CAT

KICKS:

SNAP, LIFT, WING, CHECK, INSIDE
CRESCENT

Safety Tip -

*When getting ready to play outside in the winter,
check the temperature and wind to see how cold it
will feel- this is called wind chill.*

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?							

