



National ★ Karate

Contentment- Realizing that true happiness does not come from material possessions.

Instructions: Parents, please help your child with this worksheet.
When it is finished, return it to your instructor to earn a stripe.

Name: _____

There once was a man named Art who lived a very simple life in the country. He was thankful for his small warm house and thankful that he always had enough food to eat. One day a rich man built a big house next to his. When Art saw how beautiful the rich mans house was and saw how many toys the rich man had, he became very jealous. So Art decided to go to the bank and borrow money to build a bigger house and buy more toys. At first Art was really excited about the bigger house and all of his toys, but after a while he got sick of them and wanted more. So he went to the bank and borrowed more money to build another room for his house and to buy even more toys. And again he was excited about his new things for a while but soon became bored with them. Now because he owed the bank so much money he had to get a second job to pay the bank back. But even with two jobs he still did not make enough money to pay for all his new stuff. Art became very tired because he worked so much and was always worried about how he was going to pay for all his things.

Homework for 4 year olds and older: (Circle the best answer.)

1. When do you think Art was happiest?
 - a. When he had a small house with few toys.
 - b. When he had a big house with lots of toys?
2. When you see a friend with a new toy do you wish you had it? Yes or No?
3. Could you be happy without that new toy? Yes or No?

Additional homework for 8 year olds and older:

Did you know that when your grandparents were kids (in the 1950's) the average 5 year old had 5 toys? Compare that to today where the average child has approximately 200 toys. Yet social scientists tell us that children today are not happier than children from the 50's.

Why do you think that children of the present day are not happier than children of the 1950's even though they have more toys? (Write your answer on the back of this paper.)



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