



National ★ Karate

Grateful- not taking things for granted, but appreciating the good things in our life.

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

Name: _____

When I was a boy we would sometimes visit my great aunt Louisa, who lived in a small town in Minnesota. Her house was so old that it didn't have plumbing for hot water. I can remember how we had to heat water on the stove to have hot water for a bath. It would take forever to get that much hot water and then by the time you got a new pot of water hot, the other water in the tub was already cold. To this day I still remember that and I appreciate how easy it is to get hot water out of my faucet.

During our annual food drive we remember that people in many parts of the world do not get food everyday, and even people in our community sometimes come up short. We are grateful that we have enough food.

Grand Master Worley challenges us to start each day by thinking of at least one thing that we are grateful for. It's a great way to start your day and it has a positive effect on your attitude!

By Master Nelson

Homework Exercise: Can you list 6 things that you are Grateful for?

1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____



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