

Park Village Elementary

Life Lessons/Character Counts! Overview "...the most important lesson"

The most important lesson to master in the martial arts is to live the Five Tenets.

The Five Tenets are Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

In each class we will focus on the martial arts tenets and the Character Counts! pillars, and our homework will be to live it.

<p style="text-align: center;">Life Lesson One COURTESY/CARING/RESPECT</p> <p><i>Courtesy means being polite and caring.</i> Use good manners with your parents and every person in your family - "please", "you're welcome", and even "I am wrong, and you are right". Say "thank you" whenever anyone does something nice for you, even things you used to take for granted - like breakfast! <i>Courtesy also means being respectful and appreciative.</i> Go out of your way to show respect and appreciation for your teachers. Your teachers have made a commitment to prepare you for the rest of your life. Focus your eyes, mind, and body whenever they are speaking, and say "thank you for class!"</p>	<p style="text-align: center;">Life Lesson Two INTEGRITY/TRUSTWORTHINESS</p> <p><i>Integrity means to tell the truth. Do the right thing without being told.</i> Trustworthiness is doing the right thing even when no one is watching. Your family and friends will know that they can count on you when they need you, if you get in the habit of making good choices. Your own room should be perfect. Clothes off the floor, personal stuff organized, bed made. Take care of all your duties and responsibilities, including homework, housework, and pets, without your parents having to say anything-except WOW!</p>
<p style="text-align: center;">Life Lesson Three PERSEVERANCE/FAIRNESS/SELF CONTROL</p> <p><i>Perseverance means to never stop doing the right thing.</i> Show your affection and respect for your parents and other family members as often as possible. Be very patient with your brothers and sisters. Say "thank you" and "I love you" to every person in your family every day. Using perseverance to be respectful when it is difficult will change your life! <i>Using self control often means not doing what you feel like doing.</i> When your parents or teachers ask you to do something, do it immediately and cheerfully. It will get done quicker, you will enjoy it more, it will be easier next time, others will be amazed, and you will get respect for your self control. Self control is its own reward. <u>You</u> can control your attitude!</p>	<p style="text-align: center;">Life Lesson Four RESPONSIBILITY/CITIZENSHIP/ INDOMITABLE SPIRIT</p> <p><i>Having indomitable spirit means having an unbeatable positive attitude.</i> Do something to help your parents when they least expect it! Do something extra special that you don't ordinarily do in your home. Clean the family areas of the whole house, wash a car, help your brother with his homework, help your sister with her chores - be creative! Choose to be a good citizen and a responsible leader- Go above and beyond!</p>

Dear Moms & Dads - I am looking forward to strengthening your children's level of concentration, enthusiasm, and respect, and to supporting you as parents. If there are any questions I can answer for you, please call us at (858) 484-4747.

Thank you. - *Nay Flinn-20 year PUSD teacher & Life Lessons/Character Counts! Program Director*