

March 2016



WEEK ONE

“

HAPPINESS IS NOT SO MUCH IN HAVING AS SHARING. WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE.

”

- NORMAN MACEWAN -

TAKING TURNS:

Waiting for something that you really want.

Sharing is a skill that we talk about a lot when we are young, and then less as we grow older. This is because sharing is a learned skill, like walking or even basic kicks. We have to be coached through even the most simple kicks in the beginning, but as time goes on, they become natural to us. It is the same way with learning to share. As young children, we have to be talked through the steps, but as we mature and grow, things like taking turns, sharing stories or goals, or giving our time to others become second nature to us. Every time you take a moment to help a friend or sibling with

their homework or offer feedback to your drill partner, you are sharing your knowledge and showing your friends and family that you care about them. One of the easiest ways to make someone feel special is to share something with him.

Ask Your Students:

1. What does sharing mean to you?
2. Why is it important to share?
3. Tell us about a time someone shared something with you. How did it make you feel?

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WEEK TWO

“

SHARE YOUR KNOWLEDGE. IT'S A WAY TO ACHIEVE IMMORTALITY.

”

- DALAI LAMA -

KNOWLEDGE SHARING:

An activity through which knowledge is exchanged among people, friends, families, communities or organizations.

Sharing knowledge is an important way to participate in the martial arts environment. As your instructors, we share the things you need to learn, grow, and develop into the black belt you want to be. You can do the same by taking the time to share your knowledge, experiences and lessons you have learned with your fellow students and training partners. Sharing stories about your journey could help someone else avoid making a mistake you might have made or could point them in the right direction. We can all help one another pursue our goals if

we share those goals and spend time working toward them together. We can leave a lasting impact on the lives of the people around us if we share the things we know and the lessons we have learned.

Ask Your Students:

1. Why is sharing knowledge important?
2. What has your instructor shared with you lately?
3. Where else do you share knowledge? At home? In school?

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WEEK THREE

“ **THE MORE WE SHARE, THE MORE WE HAVE.** ”

- LEONARD NIMOY -

SHARING: is achieving.

To succeed, you should share your goals with other people. Do not be afraid to share your goals with your family and friends. When you share your goals with people who are close to you, it means you can have support and assistance on a daily basis. This also helps motivate you to remain consistent and persistent to achieve your goals. Sharing your goals with other people can also lead to negative responses. Tune out the negativity and distance yourself from that person or people who do not believe in sharing your goals. By

sharing your goals with other people you may find other people who have the same goals or similar goals. Share encouragement and work together to achieve your goals.

Ask Your Students:

1. Who do you want to share your goals with?
2. How many of your peers have the same goals as you?
3. What is one goal you want to share today?

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WEEK FOUR

“ **GREAT SATISFACTION COMES FROM SHARING WITH OTHERS.** ”

- UNKNOWN -

SHARING: is caring.

One of the most important rules you will learn growing up is that “sharing is caring”. Your parents and teachers spend time teaching you to share because they know it will affect the rest of your life. Sharing is a vital aspect of every relationship you have with your family and friends. When we share with others, it makes them feel loved and gives them the chance to feel close to us. When that happens, those people feel more comfortable sharing with us. Think of the people you feel closest to; when is the last time they shared a story, a memory,

or even just their time with you? Did you feel like you knew them better afterwards? Giving people the chance to get to know who we really are only happens when we spend time sharing with them.

Ask Your Students:

1. What do you enjoy sharing with your friends?
2. What do you enjoy sharing with your family?
3. Why is it important to share?