



February 2007

CPC TAEKWONDO
CHILDREN'S PERSONAL CONDUCT
BODY & MIND

GETTING ALONG WITH SIBLINGS

Respect and care for brothers and sisters.



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.



“GETTING ALONG WITH SIBLING”

Our lives are full of special people: family members, friends, teachers and neighbors. Our brothers and sisters are extra special because they are both family and friends. It is important that we treat our brothers and sisters with love, respect, and fairness. We should play nicely, share freely, and never fight. Sometimes we will disagree with our siblings, but we must always try to settle disputes quickly and fairly. We must protect our younger siblings, and admire our older siblings. “Blood is thicker than water, “ and so our brothers and sisters will always be our closest friends.

MONTH:

YEAR:

SUN	MON	TUE	WED	THUR	FRI	SAT
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/

Draw a smiley face ☺ or a star ★ for completed jobs only. Stickers or stamps may also be used.



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.

SELF-CONTROL

- 1) Be polite and be nice to your siblings
(Ex. No fighting, no insulting)
- 2) Share your toys with your siblings or friends
- 3) Try doing two favors everyday for your siblings
- 4) Try folding laundry with your parents
- 5) Try doing your homework without your parents help

Ten Home Rules For Children

- 1) Be polite and thoughtful when speaking to others
- 2) Always respect your parents, teachers, and elders
- 3) Be kind to your brothers and sisters
- 4) Keep your room neat and tidy
- 5) Keep your hair, teeth, and body clean daily
- 6) Never interrupt adult conversations
- 7) Review, study and finish your homework on time
- 8) Ask your parents to arrange family time
- 9) Join school activities
- 10) Read a new book every month



Help your child memorize the ten home rules for children. Use them as reminders when needed.

IMPORTANT HOME RULES PARENTS SET UP FOR THIS LESSON!

(Parents can write down guidelines or tasks for your children to follow along with this lessons.)

WRITE DOWN THE TASKS THAT YOU WANT YOUR CHILD TO DO FOR THIS LESSON.

COMMENTS

WRITE DOWN SHORT COMMENTS ON YOUR CHILD'S PERFORMANCE.

**CHILDREN'S PERSONAL CONDUCT
CHARACTER BUILDING EDUCATION**



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.

To Parents: Read through the training sheets with your children and discuss them thoroughly. Complete the "Question of the Week" together at the end of the sheet. Help your children stay focused when they work on school projects. Be sure to turn off any television sets or radios that may interfere with concentration.

FRIENDSHIP WITH SIBLINGS

Our brothers and sisters are the closest friends we will ever have. We may meet other friends through school activities or team sports, but our brothers and sisters will always be special. Friends come and go; friends move away; friends develop other interests; but family always stays together. When we have to choose between standing up for our brother, or joining a crowd of friends, we should always side with our brother. Friends are precious, but family is even more so.

Friendship with your siblings will help you build a life long bond.



Q. What should we do if a friend treats our brothers or sisters in a mean way?

a. _____

b. _____

c. _____

**CHILDREN'S PERSONAL CONDUCT
CHARACTER BUILDING EDUCATION**



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.

To Parents: Read through the training sheets with your children and discuss them thoroughly. Complete the "Question of the Week" together at the end of the sheet. Help your children stay focused when they work on school projects. Be sure to turn off any television sets or radios that may interfere with concentration.

GETTING ALONG WITH OUR BROTHERS AND SISTERS



Our lives are full of special people - family members, friends, teachers and neighbors. Our brothers and sisters are extra special because they are both family and friends. It is important that we treat our brothers and sisters with love, respect and fairness. We should play nicely, share freely, and never fight. Sometimes, we will disagree with our siblings, but we must always try to settle disputes quickly and fairly. We must protect our younger siblings, and admire our older siblings. Treat your siblings with kindness and they will be your best friend.



Q. How should we act towards our brothers and sisters?

a. _____

b. _____

c. _____

GETTING ALONG WITH SIBLINGS / Self-Control

**CHILDREN'S PERSONAL CONDUCT
CHARACTER BUILDING EDUCATION**



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.

To Parents: Read through the training sheets with your children and discuss them thoroughly. Complete the "Question of the Week" together at the end of the sheet. Help your children stay focused when they work on school projects. Be sure to turn off any television sets or radios that may interfere with concentration.

GETTING ALONG WITH OUR BROTHERS AND SISTERS

Our brothers and sisters share our experiences as we grow up. They are our closest friends and our dearest companions. We should look out for our little brothers with a sense of protectiveness; and look up to our older brothers with a sense of respect. We have a responsibility to help our brothers and sisters when they need our help, and to guide younger siblings as they grow. Our parents are counting on us to work and play together happily to strengthen our family ties.

Inappropriate Behavior : One fights constantly with his brother.

Appropriate Behavior : One plays nicely with his brother.

Dennis will not share with his little brother and makes him cry.



Dennis laughs and teases as his brother struggles on his own.



Dennis bullies his brother and calls him mean names.



Ben shares his toys with his little brother when they play.



Ben helps his little brother with things that are difficult.



Ben is kind to his brother and stands up for him.



Q. What would you do if a bully started picking on your little brother?

a. _____

b. _____

c. _____

CHILDREN'S PERSONAL CONDUCT
CHARACTER BUILDING EDUCATION



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.

To Parents: Read through the training sheets with your children and discuss them thoroughly. Complete the "Question of the Week" together at the end of the sheet. Help your children stay focused when they work on school projects. Be sure to turn off any television sets or radios that may interfere with concentration.



The Battling Brothers

High in an old elm tree, there was a small bird nest resting on a branch. Inside the nest were two speckled eggs. One day, the two eggs cracked open and out popped two brother birds. Right away the two baby birds started to squawk at each other and fight. They flapped their wings and pecked at each other with their beaks until their beautiful

nest was a ragged mess of twigs and straw. The mother bird came back to the nest and scolded her two boys for fighting and ruining their nest.

As the birds grew older they continued to fight with each other every day. What one bird had, the other one wanted. When one bird was chirping happily, the other would try to ruin his song. They could never play nice and get along. One day as the two brothers flew down to the birdbath to rinse their feathers, they started a very big fight. They splashed at each other with the bath water, and scratched with their claws until the birdbath was empty. All the other birds were angry with the brothers for making a wreck of the birdbath, and they sent them out of the garden for good.

At lunchtime, all the birds from the elm tree went to the sunflower field to have a feast. The brothers landed together on a huge sunflower and immediately started to fight over who got the best seeds. They made such a commotion that all the seeds fell to the ground and were lost. A flock of crows were nearby and they yelled at the two birds for behaving so badly. The two brothers were told NEVER to come to the sunflower field again.

That night as all the birds were going to sleep in their cozy nests, the two brother birds again began to fight. This time they chirped angry names at each other and woke up their sleeping neighbors. Suddenly they heard a whoosh of wings and a loud cracking sound. The wise old owl of the elm tree had landed on their branch. His huge green eyes stared at the boys in anger. "I have had enough of you two birds fighting!" He said in a rage. "This is a peaceful, happy tree and you do not belong here with your bickering and pecking at each other. I demand that you leave this tree at once and go live away from here."

The two brothers flew off sad, and felt ashamed of their behavior. They learned their lesson that day, but it was too late. They were never allowed back in the garden, or in the sunflower field, or back to their old nest again, even after they grew into very good friends.

Q. What do you do when your brother needs your help?

a. _____

b. _____

c. _____