



August 2007

CPC TAEKWONDO
CHILDREN'S PERSONAL CONDUCT
BODY & MIND

PERFORMANCE OF TASKS

Understand parents' affection and follow their instructions.



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



“PERFORMANCE OF TASKS”

When we are given a job to do, it is important that we put forth our best effort. We must perform the task as carefully and skillfully as we can. Our work will be a reflection of our character, and we should show that we are bright, hard-working and eager to do a good job. We should pay attention to details, follow directions carefully, and work at a steady pace. Laziness never pays off, and neither does poor workmanship. Always work your hardest, and your success will be in reach.

MONTH:

YEAR:

SUN	MON	TUE	WED	THUR	FRI	SAT

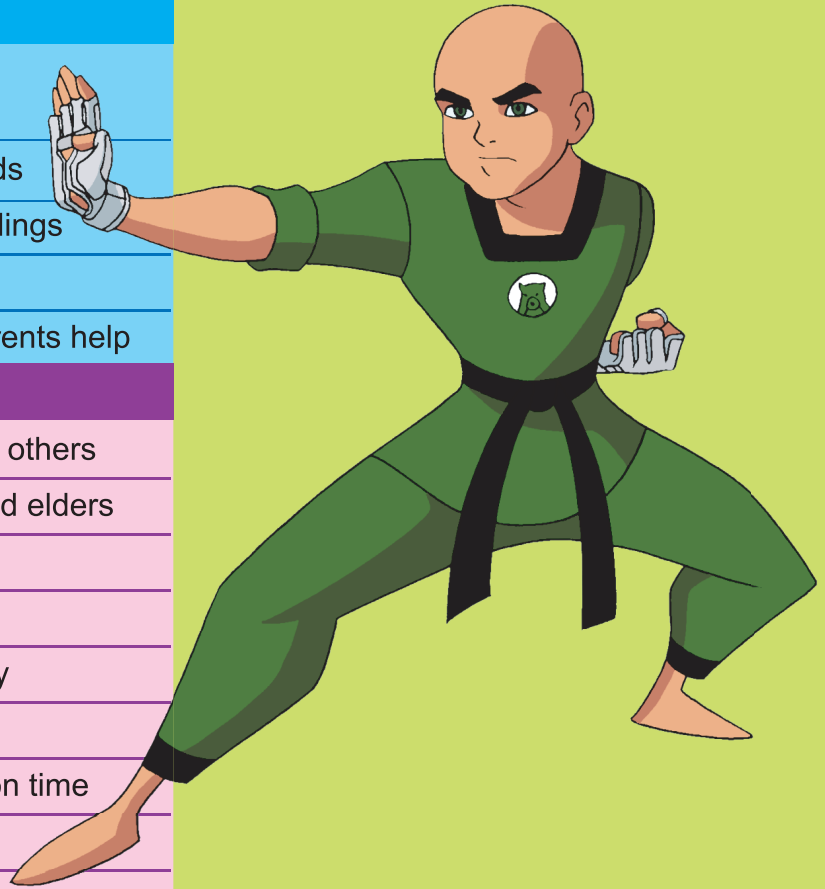
Draw a smiley face ☺ or a star ★ for completed jobs only. Stickers or stamps may also be used.

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**



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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.

**Put your mind to it
and do your best.**

PERFORMING TASKS

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Q. How do you show that you are a hard worker?

a. _____

b. _____

c. _____

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PERFORMING TASKS WITH FRIENDS



Performing a task well is something we can all be proud of. We may be given praise, or a good grade, or even a reward. Sometimes we are asked to complete a group project with classmates or teammates. It is important to work our hardest even if the friends in our group act lazy or goof off. We want to put forth our best efforts even if other members of our group do not work as hard as we do. The goal is to work carefully, pay attention to details, and motivate our friends to work harder if necessary.

Q. When we work with friends, how do we motivate them to work their hardest?

a. _____

b. _____

c. _____

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PERFORMING TASKS - KEEPING OUR FOCUS

We will face many difficult tasks in our lives. We will also face many easy tasks. Whether we are facing the difficult or the simple, the important thing is to face the task with our best attitude. We must work our hardest, and try our best. Even if the task seems unimportant, the work we put into it must show our best efforts.

Inappropriate behavior: One gives little effort and does poor work.

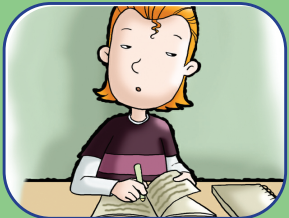
Appropriate Behavior: One tries his hardest and works carefully.



Ned skips the directions and does the problems incorrectly.



Ned works as quickly as he can, and makes a messy project.



Ned skips steps to the assignment so he can finish early.



Tom reads the directions to do his homework carefully.



Tom works carefully on his project and takes his time.



Tom does extra work so that he knows his work is complete and correct.



Q. How are you rewarded when you do a good job at school?

a. _____

b. _____

c. _____

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THE CAVE SCROLL

One day, a group of friends were outside playing in the woods. One of the boys noticed the entrance to a small cave and decided to go in and explore. He ducked into the cave and shouted for his friends to follow. The two boys followed behind him, but when they were inside the cave, their friend was nowhere to be found. Lying on the cave floor was a scroll of paper tied with a very long piece of ribbon. The boys unrolled it and read:



You have disturbed the Keeper of the Cave. Your friend will be returned to you if you follow these directions **exactly**.

First, gather seven round river stones.
Next, find six green tree leaves.
Then, search out five patches of soft, damp moss and four short twisted twigs. Do this all before the moon rises.

The two boys read the instructions and ran out into the forest. At first they collected things as quickly as they could without paying any attention to the instructions. After a few minutes they slowed down and thought about what the Keeper of the Cave had written.

"Maybe we ought to do this more carefully." One boy said. "After all, we should really check each item to make sure everything is just right." The boys set out to perform the task exactly and save their friend. They carefully selected the stones and the leaves. They walked for hours to find five patches of damp moss. They sorted through one hundred short twigs until they found the perfect twisted four. Finally, after working all day, they returned to the cave with their forest treasures. They placed the items in the center of the cave and waited for what was to come next.

Suddenly, a bright light blinded them and they could see nothing in the cave. When the light grew dim, they found their friend sitting where the seven river stones had been placed. In place of the stones were seven colored gems. The leaves, moss, and twigs, had been replaced by gold and silver coins. A new scroll had been placed amidst the treasure. It read:

You have performed your task well and your efforts have been rewarded. Share these gems and spend these coins and **always** remember to put forth your best effort. Perform all the tasks before you with accuracy and care!

Q. How the boys can save their friend?

a. _____

b. _____

c. _____