



# Black Belt EXCELLENCE

## Kindness

***“Awareness that being kind and considerate is more admirable than being tough or strong; the tendency to understand rather than to confront; gentleness, particularly toward those who are weaker.”***

Complete the kindness game to determine if the scenarios described are ones of **kindness** or unkindness. Next, each student must perform 10 unselfish, random acts of kindness for others. Please list your 10 random acts of kindness.



This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

**Student Name:** \_\_\_\_\_

**Student Rank:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**DUE BEFORE July 15<sup>TH</sup>**

### 5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

# The Kindness Game

Think about the below scenarios and determine which are using kindness and which are unkind. Circle the appropriate answer.

Tim is invited to play video games at Shane's house, but after an hour of playing he says, "I am tired of hanging out with you. I'm going to Zach's house and see what he is doing."

**Kindness**

**Unkind**

Sarah is walking through the mall and sees an elderly lady drop her purse. She then stops, picks up the purse and hands it to the lady.

**Kindness**

**Unkind**

Billy is going to play basketball with all of his friends. After dinner Billy stays a little longer to help mom clean the kitchen.

**Kindness**

**Unkind**

Daniel knows that his younger brother has trouble with math. Every time his brother ask for his help, Daniel refuses to help.

**Kindness**

**Unkind**

Steve's dad is mowing the grass and sees a big rock that his Dad might run over. Steve runs out in the yard to move the rock.

**Kindness**

**Unkind**

Kyle is picking teams for battle ball. He tells everyone that he does not want Doyle on his team because he is too slow.

**Kindness**

**Unkind**

Cindy sees a girl crying on the steps at school. She stops to ask if the girl is ok or needs help. She then informs the teacher of the situation.

**Kindness**

**Unkind**

## Random Acts of Kindness

Performing random acts of kindness means doing kind things for others because it is the right thing to do, for no other reason. Please list and describe 10 random acts of kindness that you have performed in the past two weeks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_