

Character Stripe Home Approval Form  
For the Month of November

November Activity (**Gratitude stripe**)  
**“Be Grateful.”**

**Dear Parents & students:**  
**Use the worksheet below to help organize the month.**

Gratitude is an attitude of thankfulness. Without gratitude, people would stay focused on the negative and they wouldn't have any appreciation for life or any of the opportunities and blessings that surround them everyday.

**I RECOMMEND THE TOFU!**



**Complete the exercise by making a list of three things you are most Thankful for and why:**

What are you thankful for?	Why?	What is one way this month you showed you were thankful for this?	Date Completed



**Sharing is Caring:**  
Many times we get toys that we stop playing with after a while and they just sit around the house. Take a few minutes to gather up any toys you don't use and donate them to a local charity. This is a great way to let someone else experience the same fun you had with these toys!

**When you complete a character work sheet, you also get a toy as a reward. Collect them all!**  
PS- Have a sibling who is going a good job at home? They can get a toy too!



**Parents Sign Below**

**Student's Name:** \_\_\_\_\_ **Worksheet Due By: End of October**

This month, our son/daughter has demonstrated both at home and at school those qualities of responsibility required by The Academy of Traditional Karate for students seeking a **“Leadership”** Stripe.

**Parent's Signature** \_\_\_\_\_