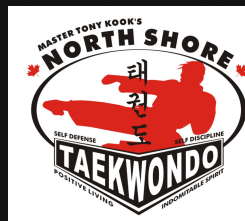


Body Language

"Dance is the hidden language of the soul of the body." – Martha Graham



*Sign up today for our
Spring Break Full Day Camp!
Mon. March 21st - Fri. March 25th
9am - 3:15pm daily!*

February
2011
Theme
of the
Month

**This month our
weekly lessons
will cover:**

Dear Parents and Guardians,

This month, we will be discussing body language in our children's classes. Body language isn't only important to martial artists, but to everyone. We see and interpret body language, or non-verbal signals, subconsciously and, even though kids may not be aware of such things, it's an important life skill to master.

How Can You Help?

- Make eye contact with your children when they are speaking to you or you are speaking with them. This will help them learn to be comfortable when someone is talking or when they have to get in front of a class and make eye contact.
- Play charades with your children and explain how or why you used your hands or eyes to get a message across. This will help them learn to consciously observe body language.
- Praise your children when they sit or stand straight. Let them know it their confidence. If you have a tall girl, make sure she knows it's important to show her height and to be proud of it.
- Act silly sometimes to demonstrate how effective body language is. Say something, but use the wrong body language: e.g., say, "Yes, you can have dessert before dinner," but have your body language say no. Ask them if they believe you and why or why not. Have your children say something to you, but demonstrate the opposite in body language to show how they are mastering it.
- Share with your children a goal you had when you were their age and how you would dream about the end result. Example: You dreamed of playing professional sports, so you practiced every day. You may not be a professional athlete, but you still enjoy the sport.

Week One:

"The language of the body is the key that can unlock the soul."
— Konstantin Stanislavsky

Week Two:

"A good stance and posture reflect a proper state of mind."
— Morihei Ueshiba

Week Three:

"When you have vision it affects your attitude. Your attitude is optimistic rather than pessimistic."
— Charles R. Swindoll

Week Four:

"Get in touch with the way the other person feels. Feelings are 55% body language, 38% tone and 7% words."
— Anonymous

**Master Tony Kook's
North Shore Taekwondo**

**2900 Lonsdale Ave
North Vancouver, B.C.**

Tel: 604-986-5558

*Call us today for a
free introductory class!*

www.northshorettaekwondo.com

February 2011

