

APRIL 2017

Week 1

“OPTIMISM IS THE FAITH THAT LEADS TO ACHIEVEMENT. NOTHING CAN BE DONE WITHOUT HOPE AND CONFIDENCE.”

– HELEN KELLER

Week 2

“BELIEVE IN YOURSELF! HAVE FAITH IN YOUR ABILITIES! WITHOUT A HUMBLE BUT REASONABLE CONFIDENCE IN YOUR OWN POWERS YOU CANNOT BE SUCCESSFUL OR HAPPY.”

– NORMAN VINCENT PEALE

Week 3

“THE MOST BEAUTIFUL THING YOU CAN WEAR IS CONFIDENCE.”

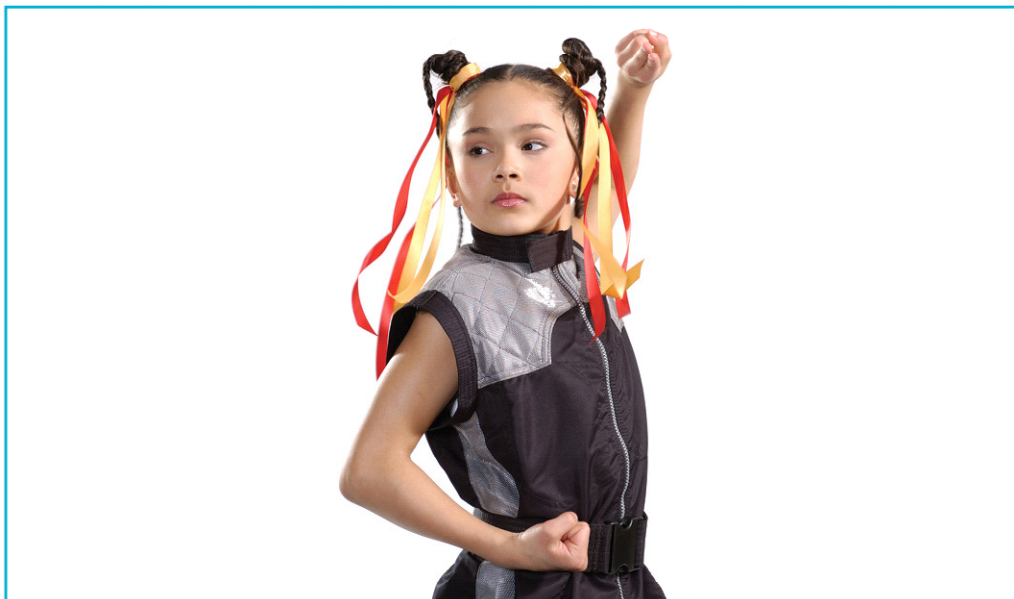
– BLAKE LIVELY

Week 4

“NOTHING BUILDS SELF-ESTEEM AND SELF-CONFIDENCE LIKE ACCOMPLISHMENT.”

– THOMAS CARLYLE

PARENT/GUARDIAN LETTER



Dear Parents and/or Guardians...

This month we are learning about confidence. It is important for your children to look, and act confident in everything they do. Martial arts are a great extracurricular activity to help them build confidence in themselves and their skills. By going to class every day, they are constantly gaining more confidence in themselves as a person.

HOW CAN YOU HELP?

Be a role model. Confident children are more likely to feel compassion for others and not judge those that are different from them.

- Teach good manners. Knowing how to properly address people, shake hands or set a table properly can help build their confidence.
- Teach good posture when standing and sitting. Studies show people with good posture are typically perceived and more confident and in-control
- Give compliments. Be honest and

genuine when giving your children compliments. Tell them that you are very proud of their hard work and effort and that you love how much their skills are improving. Real compliments will help build your child's confidence in their growing skills.

- Help your children learn to trust themselves. Part of building confidence is allowing them to learn to cope in all types of situations. Let them make choices and decisions and when something goes wrong, help them review the situation and figure out what the mistake was. This can help them become confident in the choices they will continue to make.
- Think about your child's strengths and interests when assigning household chores and tasks. Give them a specific job that will let them feel useful and successful based on their talents. They will enjoy it more and feel better about themselves once completing the task.

Confidence

CONFIDENCE IS ABOUT THE ACTIONS YOU TAKE IN EVERYDAY LIFE. CONFIDENT PEOPLE ACT UPON THEIR AMBITIONS AND DESIRES AND DO NOT LET FEAR STAND IN THE WAY. THEY USUALLY HAVE HIGH SELFCONFIDENCE AND SELFESTEEM.

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