



Words of EXCELLENCE

Student's Name (First AND Last)

Student's Belt Rank

DUE DATE

Friday 18th
October 2019

Remember these sheets
are your responsibility, not
your parents
**INCOMPLETE
WORKSHEETS WILL NOT
BE ACCEPTED**

Yuen's Family Martial Arts Centre

FOCUS

"Focus Determines Destiny."

What Is Focus??

Focus is an important skill for our everyday lives. It means concentrating on one thing and being in the moment. In order to practice true focus, we must focus our eyes, our mind and our body. When we focus our eyes, we look at the person speaking or the environment around us. When we focus our mind, we listen to the person talking to us and think about what is being said. When we focus our body, we show everyone that we are listening and paying attention.

Whether we are in the classroom at school, on the mats at taekwondo or at home with our family, we will constantly need to exercise good focus.

Activity: Daily Focus

We want you to focus on what's important in your life. Every day you should have a goal or purpose and focus on that. Complete the calendar and tell us how you showed focus

Monday - focus on being positive

What were 3 awesome things about my day?

1

2

3

Tuesday – focus on the important people in your life

How did you show the people you love / who love you that you care about them?

Wednesday – focus at school

List 3 things that you did that showed focus at school. Ex. What did you learn? How did you show your teacher or friends you were focused?

1

2

3

Thursday - focus at home

How did you show focus at home? Turn off TV while you did homework? Helped parents? Cleaned up after yourself?

Friday – focus on your environment

How have you taken care of the environment around you?

Activity: Find The Words

C	O	N	C	E	N	T	R	A	T	I	O	N	Y
P	B	L	Q	C	K	L	L	B	R	Y	Y	U	E
L	T	R	V	N	B	L	G	D	R	V	E	C	W
X	B	J	D	E	R	L	T	P	B	N	N	N	T
M	N	Z	T	L	Q	Q	T	K	S	E	E	X	V
Y	M	F	Z	L	D	B	Q	W	D	T	T	Q	T
K	Z	D	O	E	T	M	D	I	S	P	R	G	L
L	V	M	L	C	L	D	F	I	L	Y	B	W	W
B	Z	X	D	X	U	N	L	Y	V	D	N	W	R
K	Z	R	W	E	O	S	D	N	L	L	V	W	J
N	J	M	L	C	R	Y	P	Y	R	L	T	Q	J

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