

# Dawn Barnes karate kids



**EARN IT!** ..... Try your best to earn one patch with every new belt!

## Hero Patch- Clean the Environment

Spend one hour picking up litter on the beach, or at a local park with your parents and write a brief description of your experience. (Use the back of this paper if necessary.)

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**You did it! Bring this paper to your dojo for your patch.** \_\_\_\_\_

## Hero Patch- Kids Charity

Spend one-hour finding old clothes and toys you can donate to a local church, temple, synagogue, or find a charity such as Kids Kicking Cancer or Music For Heart and donate one month of your allowance. Briefly describe your experience. (Use the back of this paper if necessary).



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## Hero Patch- Elderly Care

Spend one hour assisting an elderly relative, neighbor, or resident of a senior living center. You can help with chores or provide entertainment such as reading, baking, playing a game, or doing a puzzle. Briefly describe your experience. (Use the back of this paper if necessary).

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**You did it! Bring this paper to your dojo for your patch.** \_\_\_\_\_

## Hero Patch- Acts of Kindness

Demonstrate a specific act of kindness for each member of your family and briefly describe each experience. (Use the back of this paper if necessary).



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**You did it! Bring this paper to your dojo for your patch.** \_\_\_\_\_

## Hero Patch- Be A Mentor

Spend one hour helping your brother/sister with schoolwork, or teaching a family member how to do something new... like doing karate! Briefly describe your experience. (Use back of this paper if necessary).

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