

# Dawn Barnes karate kids



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

- I looked at my Mom or my Dad in the eyes when they spoke to me for two weeks.
- I practiced writing my letters every day for two weeks.
- I took a deep breath instead of crying when I got upset.
- Parent's Choice \_\_\_\_\_



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



- When I was asked to put my toys away, I did it right away.
- When I was asked to wash my hands before dinner, I did it right away.
- I finished my dinner when I was told.
- Parent's Choice \_\_\_\_\_



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- I said, "Yes Sir/Ma'am" the first time I was asked to do something.
- I made my bed every day for two weeks.
- I took my dishes to the sink after dinner every day for two weeks.
- Parent's Choice \_\_\_\_\_



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- I put away my video games and didn't play them for a whole week.
- I waited to speak to my Mom/Dad without interrupting them.
- I let someone else go first and waited for my turn.
- Parent's Choice \_\_\_\_\_



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- I asked my Mom or Dad if I could help them do something.
- I said "Thank you" every day without being asked for a week.
- I opened the door for someone and said "After you, Sir/Ma'am."
- Parent's Choice \_\_\_\_\_



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