

## **Little Ninja – Focus Class #1 Mat Chat**

### **Fairness**

Opening discussion:

“Do you know what fairness means? Fairness means that you treat others the way you want to be treated. When you show fairness, you don’t argue with your friends and family when you don’t get your way. You also know the importance of following the rules, taking turns, and sharing with others. Having fairness is what makes you a great friend and family member.”

**Let’s answer a few questions about fairness:**

**True or not true?**

- **You don’t whine or complain when you lose a game.**
- **You argue with your friends when you don’t get your way**
- **You let other people go first during games and activities.**
- **You treat your friends and family poorly when you are in a bad mood.**

**Finishing the mat chat:**

“I want everyone to go home and practice fairness this week. When you play with your friends, make sure you take turns and share. If you don’t win a game, don’t complain. Your family will be very proud of you.”

## **Little Ninja – Teamwork Class #1 Mat Chat**

### **Patience**

Opening discussion:

“Do you know what the word patience means? It means that you can wait your turn even though you are very excited. When you talk out of turn, you are not being fair to others and may hurt their feelings. Also, when you get upset because you are not first, you are doing the same thing. When you wait patiently until it is your turn, you are showing everyone that you care and are strong enough to have patience.”

**“Let’s try a quiz game to help you practice being patient”**

**Steps:**

- 1. Ask you class the questions in step three.**
- 2. Some will blurt out the answers because they do not have the patience to wait until you call on them, be sure to point out to those students that they are NOT being patient.**
- 3. Ask the class the following questions:**
  - a. Who can tell me one type of dinosaur that once roamed the Earth?**
  - b. Who can name an animal that lives in the jungle?**
  - c. Who can name a type of fish that lives in the sea?**
  - d. Who can tell me the name of one character in Finding Nemo? Shrek? Incredibles? Toy Story?**
- 4. To make it challenging, give the student 5 push-ups if they blurt out the answer before being called on.**

**Finishing the mat chat:**

“I want everyone to practice patience this week. For example: if one of your family members is talking on the phone, patiently wait until they are off the phone before you speak to them. At school, make sure you raise your hand to answer questions and do not speak out of turn. This will show your friends and family that you are strong enough to have patience.”

## **Little Ninja – Control Class #1 Mat Chat**

### **Perseverance**

Opening discussion:

“Do you know what perseverance means? Perseverance means that you never give up, especially when something is hard. Plenty of things are hard to do, but you have the power in your mind to conquer many challenges. You will be surprised at how many hard things are not so hard when you tell yourself that you can do it.”

**Let’s answer a few questions about you and perseverance:**

**True or not true?**

- **When you play a game, if the game is too hard then you just quit.**
- **When you are learning a new word, you study the word until you remember what it means.**
- **When you argue with your family, you get mad when you don’t get your way and run into your room.**
- **When you have a problem to solve, you explore different ways to solve the problem and you don’t give up so quickly.**

**Finishing the mat chat:**

“I want everyone to go home and practice perseverance this week. When you play with your friends, make sure you don’t give up if you are losing. When you are doing your homework, make sure you remember that you will learn if you stay focused and believe in yourself.”

## **Little Ninja – Balance Class #1 Mat Chat**

### **Charisma**

Opening discussion:

“Do you know what charisma means? Charisma means that you make other people feel special and you know how to make other people smile. People enjoy being around other people that make them feel special and always make them smile. That is why charisma is one of the best character traits one can have.”

**Let’s answer a few questions about you and charisma.**

**True or not true?**

- **When you are speaking to others, you always look them in the eyes?**
- **When you see someone smiling at you, you always smile back?**
- **When you play with your friends, you always make sure they have a turn to pick a game?**
- **When you spend time with your family, you always ask them how their day was and you listen to what they say?**

**Finishing the mat chat:**

“I want everyone to go home and practice having charisma this week. Look people in the eyes when you speak to them and always give others big smiles. When you are playing with others, don’t be greedy – let your friends pick a game and let them be in charge. You’ll notice that you have a lot more fun when everyone around you is smiling as big as you are.”

## **Little Ninja – Memory Class #1 Mat Chat**

### **Self-Discipline**

#### **Opening discussion:**

“Do you know what self-discipline means? Self-discipline means that you know right from wrong and you make good choices instead of bad choices. If you follow the rules at home and at school, and you treat others well, then you have great self-discipline.”

**Let’s answer a few questions about you and self-discipline.**

#### **True or not true:**

- **When your mom tells you to brush your teeth and get ready for bed, you do so without being told more than once.**
- **You know it is not safe to run around the house, but you do anyway when your parents are not watching.**
- **When your teacher tells you to read quietly during class you do so even if others are making noises.**
- **If you are busy doing something and your mom asks you to do something else, you ignore her.**

Can you share some ways that you’ve had self-discipline in the past?

Finishing the mat chat:

“I want everyone to go home and practice self-discipline this week. Look at your mom and dad when they tell you to do something, and do it without being told over and over again. Big kids do not have to be reminded more than once.”

## **Little Ninja – Discipline Class #1 Mat Chat**

### **Responsibility**

#### **Opening discussion:**

“Do you know what responsibility means? Responsibility means that you can take care of yourself without being told. When you are responsible, you clean up after yourself; help take care of your pets, and help with chores without being asked to do so. Children with responsibility are showing their family that they can take care of themselves, and that makes them really proud!”

#### **Let’s answer a few questions about responsibility!**

##### **True or not true?**

- **I always clean up when I make a mess.**
- **I never ask my family if they need help with chores.**
- **I remember to take care of my body by keeping myself clean and brushing my teeth.**
- **I forget to do my homework and practice my Martial Arts.**

##### **Finishing the mat chat:**

“I want everyone to go home and practice responsibility this week. Find something that you can help with at home without being told. For example: keeping your pet’s water bowl full or wiping up messes around the kitchen. This will show your family that you are responsible and that you are growing up fast!”

## **Little Ninja – Fitness Class #1 Mat Chat**

### **Self-Confidence**

#### **Opening discussion:**

“Do you know what self-confidence means? Self-confidence means that you believe in yourself and you will try hard at everything you do. If you only focus on good feelings and not bad feelings, then you are showing self-confidence. For example, you are showing great self-confidence if you always say things like “I can do it!” instead of “I can’t do it!”

**Let’s answer a few questions about self-confidence.**

#### **True or not true?**

- **You say “Yes I Can” when you are learning how to read.**
- **You get mad and quit when something is too hard.**
- **You try your hardest when helping around the house.**
- **You are very messy when you color and you don’t care.**
- **You believe others when they tell you that you are stupid or weak.**
- **You always remember that you are a very special person no matter what other people might say.**

#### **Finishing the mat chat:**

“I want everyone to go home and practice having self-confidence this week. When you are learning something new, don’t give up too easily if it is hard. Instead, keep trying until you get it right. For example, try to clean your room the best you can; try to write your name better and better; and try a new game without getting mad or angry.”

## **Little Ninja – Coordination Class #1 Mat Chat**

### **Trustworthy**

#### **Opening discussion:**

“Do you know what trustworthy means? Trustworthy means that you tell the truth and follow the rules. For example, if you spill something on the floor and then lie about it, then you are not being trustworthy. If you are not trustworthy then people will not believe you and that will make your parents very sad. To make your parents happy, you should always tell the truth and follow the rules.”

**Let’s answer a few questions about being trustworthy.**

#### **True or not true?**

- **You stop at the stop signs when riding your bike.**
- **You lie when you get caught not following rules.**
- **You keep your promises that you make to your family.**
- **You tell your parents that you are sick even though you are not, just so you don’t have to go to school.**
- **You brush your teeth in the morning and at night without being told because you know it is an important house rule.**

Tip: Tell the kids that you are VERY proud of them because they can tell the difference between being trustworthy and not being trustworthy.

#### **Finishing the mat chat:**

“I want everyone to go home and practice being trustworthy this week. Make sure you tell the truth and follow the rules even if you know someone is not watching you. That is how you will become trustworthy and make your parents proud.”



## **Little Ninja – Focus Class #2 Mat Chat**

### **Know When to Call 911**

Today we're going to talk about when to call 911. *Ask the question:* Who knows what 911 means? *Let a few of the students try to answer the question.* "It means there's an emergency". Do you know what an emergency is? *Again, let a few of the students try to answer the question.* It is when something really dangerous has happened.

The phone number "911" is what you dial when something really bad has happened to you or someone around you. Its important to know when something really bad needs an emergency person to come and take care of the problem. Do you know who the emergency people are? *Let them answer. They'll say police and firemen.* A police officer comes to help if someone tries to take you away or hurt you or hurt someone you know. A fireman will come if there is a fire that is really bad. There's also a medic who comes if someone is hurt really bad.

**By saying "Yes sir/maam" or "No sir/maam" Let's see if you know which of these situations you'd call 911:**

- **Would you call if a bully pushes you?**
- **Would you call if a stronger knocks on the door and tries to grab you?**
- **Would you call if your friend falls off their bike and cuts their elbow?**
- **Would you call if a car hits your friend?**
- **Would you call if your mom burns her finger?**
- **Would you call if there were a big fire in your kitchen?**
- **Would you call if a tree falls on your house?**
- **Would you call if your mommy or daddy is asleep and they won't wake up?**
- **Would you call if a cat's stuck in a tree?**
- **Would you call if you're hungry?**

Who knows what you need to know when you call 911? *Let a few of the students try to answer the question.* You need to tell them your name, where you are and what the emergency is. Now, its important to not call 911 unless there's a real emergency so don't call it unless something bad has happened.

## Little Ninja – Teamwork Class #2 Mat Chat

### Know what to do if there is a Fire

We're going to talk about what to do if there's a fire. We practice a fire drill to know what to do if there's a real bad fire in our house. The first thing we'd do if we smell smoke is to check and see if the smoke is really bad. Really bad smoke is dark and will make you cough. If the smoke is dark and makes you cough, then you need to get out as fast as you can! You'll have to do that by crawling to the nearest exit. You're supposed to crawl under the smoke, that way you don't get sick. When you get to a door, if it is closed, you have to check for heat. How do you check for heat (*someone will say you touch the door with your hand*). If there's fire by the door it'll be warm or hot, then you'll have to crawl out another way, maybe even go through a window. Who knows how to open the windows in their house? (*tell the parents that they should practice this with their children*). When you get out, run as far away from the house as you can, like to a neighbor's house. This is something you should talk with your parents about so they'll know where to find you. Another thing, if you catch on fire, you have to stop-drop-and-roll. Let's practice it... (*Practice crawling to a door and checking for heat, then opening the door. Also practice stop drop and roll*).

## Little Ninja – Control Class #2 Mat Chat

### Don't Play with Dangerous Objects

We'll going to talk about things you shouldn't play with, especially when an adult isn't around. Does anyone know what kind of things we shouldn't play with, especially when we're alone? *Go through the list.*

#### 1. Guns

- Why can't we play with guns? Answer: Because the gun can go off and someone can get hurt really, really bad.
- What do you do if you see a real gun? Answer: Don't touch it and go tell an adult.
- What do you do if you see someone playing with a real gun? Answer: Go tell an adult.

#### 2. Knives

- Why can't we play with knives? Answer: Because we may cut ourselves or someone else really bad.

#### 3. Matches or lighters

- Why can't we play with matches or lighters? Answer: Because matches and lighters can start a fire or burn someone.

#### 4. Tools with sharp points

- Why can't we play with things with sharp points? Answer: Because someone could get stabbed.

#### 5. Electrical equipment near water

- Why can't we play with electrical equipment near water? Answer: Because electricity sparks when it touches water, and it'll shock us really bad.

## **Little Ninja – Balance Class #2 Mat Chat**

### **Don't Put Anything in Your Mouth That isn't Food**

Does anyone know what kind of things we shouldn't put in our mouth?

#### **1. Drugs**

- Why can't we put drugs in our mouth? Answer: Because drugs have chemicals that can make you really sick. The only kind of drug you should take is medicine or vitamins, but only when your parents give it to you.

#### **2. Alcohol**

- There are 2 types of alcohol - grown-up alcohol and medicine cabinet alcohol. Why can't we put alcohol in our mouth? Answer: You can't put alcohol in your mouth because it'll make you sick.

#### **3. Chemicals**

- Why can't we put chemicals in our mouth? Answer: Because chemicals can make you really sick.
- What are chemicals?

#### **1. Bleach**

#### **2. Windex & other cleaning stuff**

#### **3. Poisons like bug spray, bleach, cleaning stuff**

#### **4. Small solid objects like marbles and miniature toy soldiers**

- Why can't we put little things in our mouth? Answer: Because they might get caught in your throat and you could choke and stop breathing.

## **Little Ninja – Memory Class #2 Mat Chat**

### **Have Good Street Safety Skills**

It's important to know the rules when you play outside so you stay safe and don't get hurt. Knowing and following the rules could even save your life. Let's go over some of the rules you should follow when you go outside to play:

1. What are you supposed to wear on your head when you ride your bike, roller blades, scooter and skate board so that you don't hurt your head. Answer: A helmet.

What else should you wear when you're riding a bike, scooter, and skate board or roller blades? Answer: Elbow pads, knee pads and maybe even wrist pads.

2. What should you always do before you cross the street? Answer: Look both ways. Some cars can be very quiet and you can't hear them coming.

3. Who should go with you if you go to the pool? Answer: Your parents or sitter. Someone big enough to help you if you slip into the pool or get caught in the deep end and don't know how to swim. A grown-up can help you.

4. Should you play with kids who are bad and want you to do bad things? Answer: No. You can get into trouble.

## Little Ninja – Discipline Class #2 Mat Chat

### Stay Away from Strangers

**Who knows what a stranger is?** *Its somebody you don't know.* Who can tell me what a stranger looks like?

*Get answers from the students. They'll give several kinds of descriptions.*

Those are all right. A stranger can be a man, a woman, a teenager, anyone. If you don't know who they are, that means they're a stranger. The rule for a stranger is you never go anywhere with them. *Have the students repeat the rule several times: “Don't go anywhere with a stranger”*

- Do you know what a stranger might do to try and trick you?
  1. They can offer you candy. What if I was a stranger and offered you candy? What would you say? “No” What's the rule? Answer: “Don't go anywhere with a stranger”
  2. They can tell you they are friends with your parents. What if they said your parents wanted you to go with them? What would you say? “No” What's the rule? Answer: “Don't go anywhere with a stranger”
  3. They can offer to take you to play video games? What would you say? “No” What's the rule? Answer: “Don't go anywhere with a stranger”
  3. They can offer to take you to get pizza or something else to eat? What would you say? “No” What's the rule? Answer: “Don't go anywhere with a stranger”
- What do you do when a stranger tries to get you to go with them?
  1. Say NO real loud.
  2. Yell “stranger” so an adult can hear you.
  3. Run to another adult who's safe.

## **Little Ninja – Fitness Class #2 Mat Chat**

### **Always Have Good Ninja Manners**

*What are Ninja manners?*

1. Saying “please” and “thank you.”
  2. Saying “yes, sir” and “yes, ma’am.”
  3. Showing respect (showing other that you care about them)
  4. Having courtesy (being nice)
- How can we show respect? Answer: By listening when people talk to you, doing what your parents ask you to do and by not breaking people’s things.
  
  - How can we show courtesy or be nice to someone? Answer: By opening the door for people, helping out others when they need it, sharing and not making fun of people because they’re different from us.
  
  - What are some other ways that we can have manners? Answer: Not burping, not interrupting and talking out of turn, not talking with food in your mouth.

## Little Ninja – Coordination Class #2 Mat Chat

### Always Take Good Care of Yourself

Taking good care of yourself is very important, especially when you get older. People who take care of themselves have more friends, become leaders and get better jobs.

What are the things you should do everyday to take care of yourself:

1. Brush your teeth every day. Brushing your teeth everyday helps keep you from getting cavities and helps keep your teeth white so you have a nice smile.
2. Eat your fruits and vegetables. Eating your fruits and vegetables will help you grow big and strong. Fruits and vegetables also contain vitamins that will help keep you from getting sick.
3. Exercise everyday. Exercise helps your muscles grow big and strong. Exercise also makes your heart and lungs stronger. When you are older, your body gets weaker. If you exercise, your body will stay strong. Exercising will also make you a better martial artist and help you have strong kicks and punches. Exercise is also a way to keep you happy because your body feels good after exercising.
4. You should exercise your brain everyday. Where do you go to exercise your brain? (*School*) The more you exercise your brain, the stronger it gets. When your brain gets stronger, you get smarter. When you get smarter, you get better grades. When you get better grades, who's proud of you? (*Parents*) What happens when your parents are proud of you? (*They give rewards*) Being smart will also help you achieve your goals and give you the ability to be whatever you want to be when you get older.