

Pre- Ninja Talk – Kicking #1

Fairness

Do you know what fairness means? Fairness means that you follow the rules, take turns, and share. When you do so, you are showing others that you care. When you learn fairness you grow to be the best kind of friend and family member.”

Let’s try a quiz to help you understand how to have fairness.

Are you being fair if:

- **Treat your friends and family poorly when you do not get what you want?**
- **You share your toys with others?**
- **You don’t follow the rules of a game because you want to win?**
- **You let others go first during a game?**

Finishing the mat chat:

I want everyone to go home and practice fairness this week. Share your toys with your friends and siblings, and take turns during play time. Also, make sure that you follow the rules. Your family will be very proud of you.”

Pre- Ninja Talk – Kicking #2

Know When to Call 911

Today we're going to talk about when to call 911. Do you know what 911 means? It means there's an emergency.

Do you know what an emergency is? 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. It's 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? A police officer comes to help if someone tries to take you away or hurt you or hurt someone you know really bad. 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/ma'am" or "No sir/ma'am", let's see if you know which of these situations you'd call 911 for:

- **Would you call if a bully pushes you?**
- **Would you call if a stranger 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? You need to tell them your name, where you are and what the emergency is. Now, it's important to not call 911 unless there's a real emergency so don't call unless something bad has happened.

Pre-Ninja Talk – Punching #1

Teamwork

Opening discussion:

“Do you know what the word teamwork means? It means that you share with your friends and family and you also take turns without getting angry or upset. When you are kind enough to share and take turns with others, you are showing them that you like them and that you are a good person.”

Let’s try a quiz to help you understand teamwork.

Are you showing teamwork if:

- **Your friend wants to play with your favorite toy and you say “no!”**
- **Your friend accidentally leaves his lunch at home so you share your lunch with him?**
- **You start crying because you want to have the first piece of your friend’s birthday cake?**
- **You are making homemade cup cakes and you let your little brother have the first cupcake?**

Finishing the mat chat:

“I want everyone to go home and practice teamwork this week. If someone wants to play with your toys, let them without getting angry or upset. If you are playing a game that requires you to take turns with others, let someone else go first. This will show your friends and family that you care about them.”

Pre-Ninja Talk – Punching #2

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)*.

Pre-Ninja Talk – Blocking #1

Patience

Opening discussion:

“Do you know what the word patience means? It means that you can sit and wait your turn even though you are very excited. When you get upset because you want to go first, or you want to go NOW, you are not being fair to others and may hurt their feelings. When you wait until it is your turn, you are showing everyone that you care and are strong enough to sit still.”

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

Are you showing patience if:

- 1. You cry if you don’t get to go first in a game?**
- 2. If you let someone go before you?**
- 3. You cut in line?**
- 4. You let other people get in front of you?**
- 5. You get angry because the movie is taking too long?**
- 6. You do your best to sit quietly until the movie is over?**

Finishing the mat chat:

“I want everyone to practice patience this week. For example: when you have dinner wait until everyone is sitting down before you eat. Also practice patience by letting someone else go first during a game. This will show your friends and family that you care about them!”

Pre-Ninja Talk – Blocking #2

Don't Play with Dangerous Objects

We're 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?

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.

Pre-Ninja Talk – Crawling #1

Perseverance

Opening discussion:

“Do you know what perseverance means? Perseverance means that you never give up. If something is hard, you decide when to quit. If you have perseverance, then you will not quit until you finish.”

Let’s try a quiz to help you understand how to have perseverance.

Are you having perseverance if:

- **You can’t make a basket in the basketball hoop so you just give up.**
- **You are learning how to tie your shoelaces and you don’t give up until you get it right.**
- **You are too afraid of the water so you decide that you will just never swim.**
- **You are learning how to write your name on your own so you keep practicing over and over again.**

Finishing the mat chat:

“I want everyone to go home and practice having perseverance this week. Challenge yourself with something new, like hitting a baseball or shooting hoops. If you miss, keep trying until you can do it. You will be so happy when you accomplish your goals!”

Pre-Ninja Talk – Crawling #2

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. Medicine

- Why can't we put medicine in our mouth by our self? Answer: Because taking medicine can make you really sick if you take too much. The only time you should take medicine or vitamins is when your parents give it to you.

2. 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. Bug spray

4. Rat poison

3. Small solid things 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.

Pre-Ninja Talk – Hopping #1

Charisma

Opening discussion:

“Do you know what charisma means? Charisma means that you can make other people smile and you are not afraid of others. If you are polite to others and you treat others well, then you will make them feel special.”

Here are a few tips on how to have charisma:

- **When you meet someone new, give them a polite greeting.**
- **When you are talking to other people, smile a lot!**
- **When you are playing with a friend, let them pick the game or toy.**
- **When you are angry or sad, never hit or call someone else a name just to make them angry or sad.**
- **Tell your friends that you like them often.**
- **Give your family lots of big hugs each day.**

Finishing the mat chat:

“I want everyone to go home and practice having charisma this week. Look other people in the eyes when you are speaking to them and give out plenty of smiles. When you play with friends, make sure you let them be in charge of a game. Your friends and family will feel very special.”

Pre-Ninja Talk – Hopping #2

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.
- 2) What else should you wear when you're riding a bike, scooter, skate board or roller blades? Answer: Elbow pads, knee pads and maybe even wrist pads.
- 3) 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.
- 4) 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.
- 5) Should you play with kids who are bad and want you to do bad things. Answer: No. You can get into trouble.

Pre-Ninja Talk – Rolling #1

Self-Discipline

Opening discussion:

“Do you know what self-discipline means? Self-discipline means that you listen and behave well. If you are nice to others and you listen to your parents and teachers then you have good self-discipline.”

Let’s try a quiz to help you understand how to have self-discipline.

Are you having self-discipline if:

- **You listen to your mom and dad when they tell you to do something?**
- **You get mad when your mom and dad ask you to do something that you don’t like to do?**
- **You yell, hit, or bite others when you are angry or upset?**
- **You sit still at the dinner table?**

Can you share some ways that you have shown self-discipline at home?

Finishing the mat chat:

“I want everyone to go home and practice having self-discipline this week. Listen to your mom and dad when they tell you to do something. Mom and dad should not have to tell you more than once to clean your room, brush your teeth, or clean up your messes.”

Pre-Ninja Talk – Rolling #2

Stay Away from Strangers

Who knows what a stranger is? It's somebody you don't know. 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"
 - 4) 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.

Pre-Ninja Talk – Running #1

Responsibility

Opening discussion:

“Do you know what the word responsibility means? Responsibility means that you can help your family by doing things on your own. If you play with your toys, you should pick them up by yourself. If your Mom or Dad needs help taking care of your pet, you can help by filling up their water bowl. When you start becoming responsible, you start growing up.”

Let’s try a quiz to help you understand how to be responsible!

Are you responsible if:

- **You pick up your toys without being told?**
- **You wash your hands on your own before you eat?**
- **You forget to brush your teeth at night?**
- **You do not help your friend clean up their toys even though you played with them too?**

Finishing the mat chat:

“I want everyone to go home and practice responsibility this week. Clean up after yourself when you make a mess. Also ask your Mom and Dad if you can help with chores. Your family will be very proud of you for showing them that you want to be responsible.”

Pre-Ninja Talk – Running #2

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.

Pre-Ninja Talk – Catching #1

Self - Confidence

Opening discussion:

“Do you know what self-confidence means? Self-confidence means that you believe in yourself and you try hard at everything you do. For example, if you try very hard to write your name, then you will get it, as long as you don’t give up. If you tell yourself “I can do it” at everything you do then you have great self-confidence.

Let’s try a quiz to help you understand how to have self-confidence.

Do you have self-confidence if:

- **You practice writing your name every day until you get it correct?**
- **You get mad if you cannot write your name?**
- **You say things like “I can do it” and “I will keep trying?”**
- **You say things like “I am not strong” or “I am not smart?”**
- **You try hard to keep your room clean and not messy?**

Finishing the mat chat:

“I want everyone to go home and practice self-confidence this week. Make sure you try your hardest when you are cleaning your room or helping with house work. Also, when you are playing a new game, don’t get mad if you don’t know what to do – keep trying and don’t give up! The harder you try, the better you will get!”

Pre-Ninja Talk – Catching #2

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.