

# Dragon Gym's Back to School Worksheets:

## Be More Proactive

Go through this worksheet with your child and discuss ideas on how you can proactively make the upcoming school-year great.

Homework and Preparation	
Reactive	Proactive
What time did you usually do your homework? Would you rate it Poor – Good – Excellent?	Do you think there is a better time and place for you to do your homework? Why?
Is it easy or difficult for you to get ready on time? Why?	What are some things you could do to make getting ready easier?
Are there some things that you feel you didn't or couldn't get done last year? What got in the way?	Are there some additional or new things that you would like to do, learn about or explore this year?

Personal and Social	
Reactive	Proactive
Can you remember a time that you felt sad, scared or anxious? What helped overcome that feeling?	What will you do if you start to feel scared or anxious?
Who did you work well with last year? Why?	What are some things that you can do to be a great work partner for others?
Did you make any new friends last year? What did you do?	What are some things that you can do to be a better and friend and make more friends if you want?
Do you remember a time that you felt really great and everything seemed to be going really well? Tell me more about it?	Are there some things that you can do to set your day up to be great?

During the School Day	
Reactive	Proactive
What were some of the best moments of last school year? Why?	What are some things that you can do to make this year great?
What were some difficult moments or what did you struggle with last school year? Why?	What are some ways that you can sense and obstacle coming up? What will make it easier for you to ask for help when needed?
What do you wish you had known when you started school last year?	Is there anything you want your teacher(s) to know about you before school starts?



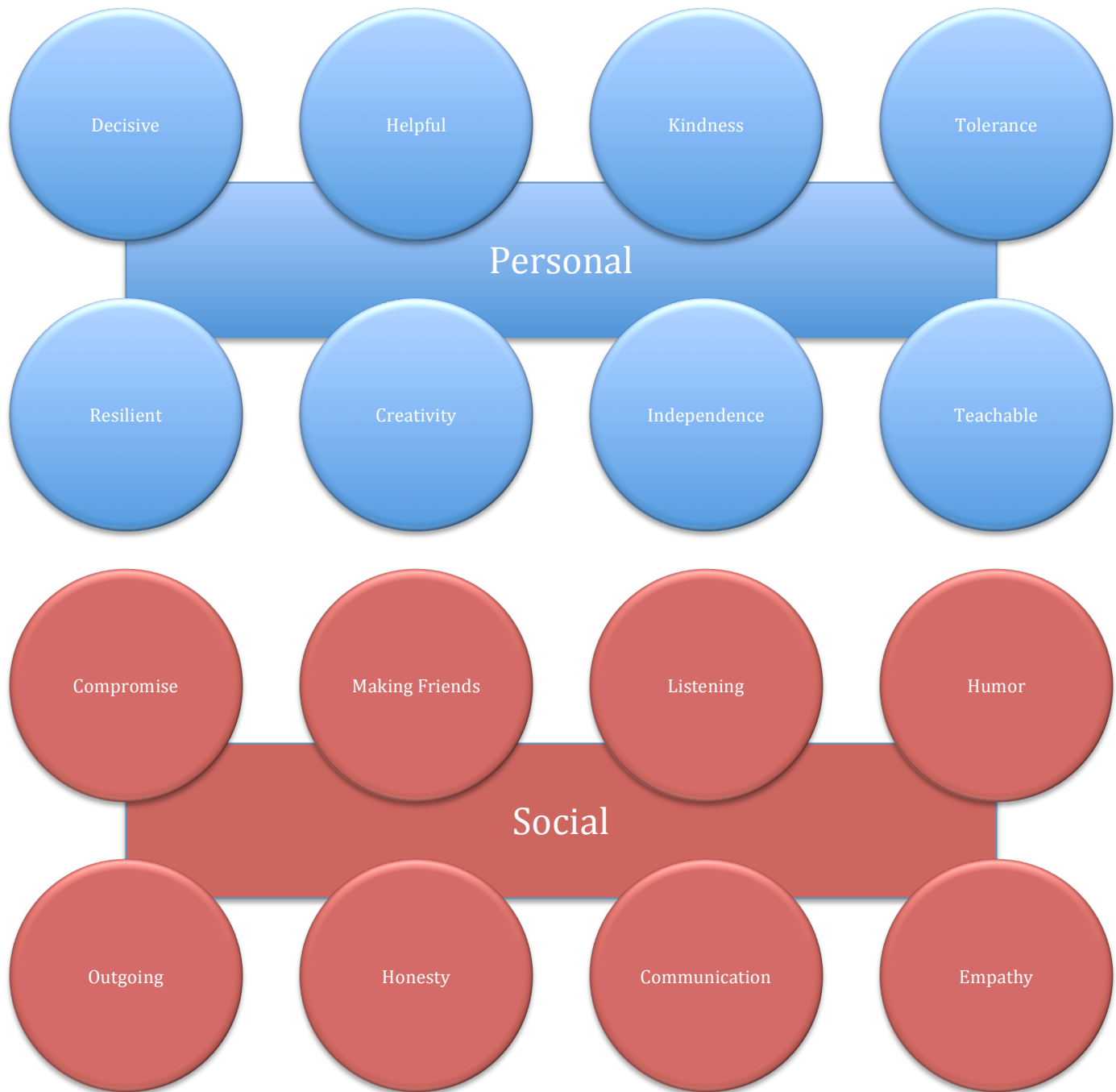
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# Dragon Gym's Back to School Worksheets:

## Identifying Strengths (or Aspirations)

Go through this worksheet with your child and ask them to pick their strongest quality or rank their top three in each category. This may reveal how they perceive their strengths or possibly in what ways they aspire to be stronger.



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# Dragon Gym's Back to School Worksheets:

## Identifying Strengths (or Aspirations) Part 2.

Go through this worksheet with your child and ask them to pick their strongest quality or rank their top three in each category. This may reveal how they perceive their strengths or possibly in what ways they aspire to be stronger.

Story Telling	Problem Solving	Writing	Math
Academic			
Strategy	Memory	Testing	Reading
And What Else?			



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# Dragon Gym's Back to School Worksheets:

## Self-Awareness for "Pee Wees" (4-6 Yrs Old)

Go through this worksheet with your child and ask them to answer the questions. It will help them learn something about themselves as well as how to better interact with others. Depending on their maturity level, have a discussion based on how you would answer these questions for them and the differences.

This is how I'm Strong:

These are some things I struggle with:

My Favorite Part of School is:

This is what my teachers do when I'm having a great time:

This is how I like to ask for help:



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# Dragon Gym's Back to School Worksheets:

## Self-Awareness for "Juniors" (7-13 Yrs Old)

Go through this worksheet with your child and ask them to answer the questions. It will help them learn something about themselves as well as how to better interact with others. Older kids can also get the input of three others: A peer, a near-peer and an adult. Discuss the differences in perspective between your child and these three additional sources.

What are your three greatest strengths?

What are two things you struggle with, but seem easy for others your age?

What are your two favorite things about school?

What do you dislike about school?

What are three recent successes or wins that you've had?

What did you do that made you successful? Was there something specific that helped?

Can you remember a time that didn't go well? Maybe you lost or weren't able to complete something?

Are there 1 or 2 things that you could do differently or better in the future?



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# Dragon Gym's Back to School Worksheets: Bully Prevention Tips

One of the biggest concerns from parents during the school year is bullying. Some 160,000 children skip school every day because they fear of being attacked or ridiculed by bullies. The good news is that these disturbing statistics can be limited with the proper education.

As a martial arts educator that has worked with hundreds of children on anti-bullying strategies, I have found that the most important skill a child should have when dealing with bullies is confidence.

No matter what you teach a child, it will not be effective without the confidence to put the lessons into action. Children that fall victim to bullies usually are targets because they lack the confidence to stand up for themselves.

Therefore, it is very important that you begin instilling confidence within your child if you want him or her to effectively handle bullying.

Here are a few tips on how you can build confidence within your child:

**Make sure that you are a good listener when talking with your child.** Try not to ignore your child's feelings. Children are more confident when they feel like they are being heard. If you, as a parent, take the time to listen to your child then he or she will have more confidence to speak their mind when dealing with bullies.

**Pay attention to your child's moods.** If your child is grumpy or agitated, then most-likely he or she can act the same way around other children. That can increase the chance of your child falling victim to unnecessary arguments and fights with others. Factors that can affect your child's mood include:

- *Lack of proper sleep each night.* Children need at least 8 hours of total sleep per night. If they are not getting the proper amount of rest, then it can affect their mood the next day.
- *Insufficient diet.* Certain foods affect children's moods including foods that are high in sugar, caffeine or fat. Keep your child's diet balanced with plenty of fruits and vegetables.
- *Lack of exercise.* Children that do not exercise regularly tend to have a lower level of energy which will affect his or her mood. This can also lead to obesity which makes your child more prone to bullying.

**Keep your child active in extra-curricular sports and activities, such as Martial Arts.** Your child will make plenty of new friends and learn life skills that build confidence. Make sure the activities are healthy and are focused on character development.

Also make sure that the teachers and coaches are experts at working with children and building confidence. If you pick the right activity, then you will notice a change in your child's confidence almost immediately.



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**Is your child a confident individual?** If so, then the next step is to speak with your child about anti-bullying strategies.

Here are five strategies that you should review with your child:

1. **Assert yourself.** Have your child practice standing tall and using a strong voice saying: "That's teasing. Stop it." or "Stop making fun of me. It's mean."
2. **Use "I want."** Role-play with your child by having him or her address you (the bully) by saying: "I want you to leave me alone," or "I want you to stop teasing me."
3. **Question it.** Have your child practice responding to an insult with a non-defensive question: "Why would you say that?" or "Why would you want to tell me I am dumb and hurt my feelings?"
4. **Ignore it.** Bullies love it when their teasing upsets their victims, so help your child find a way to not let his or her tormentor get to him/ her. Pretend they're invisible, walk away without looking at them, quickly look at something else and laugh, or look completely uninterested.
5. **Make Fun of the Teasing.** Teach your child how to reply to bullies by saying something like: "Wow, you are so smart because you pick on other kids." Or, "Did you think of that all on your own?"

Remember, the key to dealing with bullies is all about how confident your child feels. The strategies above only work if your child is confident enough to say them.

Role-playing is only half of the lesson. Your child must be exposed to enough positive role-models and equipped with the proper amount of stimulants that increase confidence.



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