

DRA GON GYM

PRESENTS:



***"STAY AT HOME"
ACTIVITY PACK***

www.dragongym.com

Dragon Gym Head Quarters
267 S Whitford Rd., Exton, PA 19341
610-363-7575

Dear Parent,

Before we get started, how are you and your children dealing with the Coronavirus related closures and shutdowns?

Most schools across the country have temporarily closed and many of us are now work from home. What started as a 2-week shutdown may be extended to 8-weeks (or longer) per the CDC's new recommendations. And, there's a question on how comfortable you'll be with coming back. The truth is some parents, maybe even you, may not be comfortable with coming back to a gym for a few weeks or longer. So, the virtual classes may be a longer term answer for you.

When I speak with parents, they all share similar concerns:

- They don't know what to do with their kids all day
- They're having trouble finding childcare due to social distancing rules
- Caring for and entertaining their kids is detracting from the vital work that's still *needed* to pay the bills
- Kids are spending too much time with non-productive screen time and video games
- Kids and parents aren't getting enough physical exercise
- Everyone's physical and mental health is suffering...unnecessarily
- They're not able to do enough to take care of themselves
- Family and spousal relationships are suffering due to the constant close quarters
- The lack of routine for kids and parents throws *everything* off.
- Kids are feeling lonely and isolated due to the lack of interaction with friends and mentors outside of the home.
- Children thrive on structure and consistency and now that is gone...or is it?

Depression and Anxiety about the future are creeping in...but they don't have to.

We're offering a virtual kids martial arts program that in addition to teaching the kids martial arts, keeping them physically active and building their confidence the online platform helps address all of the concerns above.

If you already know this virtual, online program built specifically for kids is something you need for your sanity and want for your kid's well-being, please send me an email.

Somnathsikdar@dragongym.com is my direct email and I'll respond to you personally.

Sincerely,

**Somnath Sikdar
President, Dragon Gym
"Be the coffee."**

www.dragongym.com

Dragon Gym Head Quarters
267 S Whitford Rd., Exton, PA 19341
610-363-7575



DRAGON GYM'S STAY AT HOME ACTIVITY PACK

In this pack, you'll find the following:

7 Multi-Use Worksheets including a daily "Stay At Home" Journal!

1. Daily Stay At Home Journal Sheet
2. Health & Fitness Worksheet
3. Optimism & Positive Thinking Worksheet
4. Gratitude Worksheet
5. Online Bully Proof Poster Worksheet
6. Focus & Goals Worksheet
7. Perseverance Drawing Worksheet
8. **BONUSES:** Martial Arts Word Search and 10 Coloring Sheets

Here are some additional resources you may find useful:

[Mega-List of FREE Kids Activities](#)

[Tips For Kids And Parents For Social Distancing During The COVID-19 Crisis](#)

[Parent's Guide: How To Choose An Online Kids Martial Arts Program](#)

[4-Week Virtual Kids Martial Arts Trial Program](#)

www.dragongym.com

Dragon Gym Head Quarters
267 S Whitford Rd., Exton, PA 19341
610-363-7575

STAY AT HOME JOURNAL

YOUR NAME:

TODAY'S DATE:

EVERYTHING THAT HAPPENED TODAY:



IF I COULD CHANGE ONE THING ABOUT TODAY IT WOULD BE:



TODAY I AM GRATEFUL FOR:



TOMMOROW I'M LOOKING FORWARD TO:



YOUR NAME:



HEALTH & FITNESS

FITNESS: It's time to get fit at home! Grab a marker and color in the bar as you complete each goal. Take your time and go at your own pace. This isn't a race.

LET'S DO 100 PUSH-UPS!

25	50	75	100
----	----	----	-----

LET'S DO 100 SIT-UPS!

25	50	75	100
----	----	----	-----

LET'S DO 200 JUMPING JACKS!

50	100	150	200
----	-----	-----	-----

LET'S STRETCH FOR ONE HOUR!

15 min	30 min	45 min	1 hour
--------	--------	--------	--------

HEALTH: Listen, I wish cupcakes and ice cream were healthy food choices too. But let's try to eat a little healthier. Fill in the space below with some healthy foods you love. Make a list OR: draw some pictures if you're extra awesome!

YOUR NAME:



OPTIMISM!

*Positive thinking can improve your creativity and being creative makes you feel more positive!
In the boxes on the left, scribble and draw your answers. In the boxes on the right, jot down lists!*

THIS WAS MY HAPPIEST MARTIAL ARTS MOMENT:

SOME THINGS THAT MAKE ME HAPPY:

WHEN I HEAR THE WORD "OPTIMISM" THIS IS WHAT I SEE:

SOME THINGS I'M REALLY LOOKING FORWARD TO:

HAVE A POSITIVE ATTITUDE!

YOUR NAME:



GRATITUDE IS MY ATTITUDE!

What are you most thankful for right now? Write it on these lines!

LIST THREE DIFFERENT THINGS OR PEOPLE YOU ARE GRATEFUL FOR EVERY DAY THIS WEEK.

MONDAY: 1. _____ 2. _____ 3. _____

TUESDAY: 1. _____ 2. _____ 3. _____

WEDNESDAY: 1. _____ 2. _____ 3. _____

THURSDAY: 1. _____ 2. _____ 3. _____

FRIDAY: 1. _____ 2. _____ 3. _____

SATURDAY: 1. _____ 2. _____ 3. _____

SUNDAY: 1. _____ 2. _____ 3. _____

YOUR NAME:



ONLINE BULLY PROOF POSTER

Let's be BULLY PROOF! In the space below I want you to design a "I AM BULLY PROOF" poster that you could share online. How would you express your views on self-esteem and bully prevention? Get your crayons and markers out and let that creativity fly!

I AM BULLY PROOF

YOUR NAME:



LET'S BRING THINGS INTO FOCUS

HERE ARE SOME ACTIVITIES YOU CAN DO AT HOME THAT WILL HELP SHARPEN YOUR FOCUS. GRAB A MARKER AND COLOR IN THE BAR AS YOU COMPLETE EACH GOAL!

READ A NEW BOOK!

10 PAGES	20 PAGES	30 PAGES	40 PAGES
----------	----------	----------	----------

WORK WITH YOUR FRIENDS ONLINE! See how they are doing, help them with homework, write a song together, solve a puzzle!

15 min	30 min	45 min	1 hour
--------	--------	--------	--------

PRACTICE QUIET MEDITATION.. *shhhh*

15 min	30 min	45 min	1 hour
--------	--------	--------	--------

PRACTICE YOUR MARTIAL ARTS! (of course)

15 min	30 min	45 min	1 hour
--------	--------	--------	--------

Let's visualize! In Martial Arts we always talk about goals...In the space below, visualize a goal and how you will accomplish it. Draw, scribble, make it fun!

YOUR NAME:

LET'S LEARN TO DRAW! LET'S HAVE SOME FUN!

Practicing a new skill is a great way to learn more about never giving up. It can be frustrating at first, but if you persevere you can do anything.
Study the drawing of the man doing a flying sidekick in box #1. In box #2 try to copy the drawing. In box #3 learn from your mistakes and try again!
Box #4 should look far better than your first attempt. Never give up. Keep practicing until you get it perfect.

1.



MY FIRST ATTEMPT:

2.

I SEE WHAT I DID WRONG, LET ME TRY AGAIN:

3.

I DIDN'T GIVE UP, LOOK HOW I'VE PROGRESSED:

4.

YOUR NAME:



MARTIAL ARTS WORD SEARCH

FIND AND CIRCLE ALL THE MARTIAL ARTS WORDS BELOW!

C	L	E	A	D	E	R	S	H	I	P	F	C	S
K	P	V	R	D	A	K	P	A	K	I	O	N	C
C	C	I	N	R	I	I	S	N	E	H	C	C	O
C	N	T	C	C	O	N	V	C	P	F	U	S	N
G	R	I	K	F	S	T	A	N	C	E	S	L	F
J	S	S	T	C	E	P	S	E	R	S	N	P	I
D	S	O	P	I	H	S	D	N	E	I	R	F	D
D	N	P	T	H	T	G	N	E	R	T	S	A	E
D	I	S	C	I	P	L	I	N	E	S	C	L	N
A	J	N	I	N	C	P	I	S	I	C	A	I	C
K	A	R	A	T	E	L	U	A	A	O	E	I	E
S	I	I	C	I	E	T	E	N	G	S	F	E	N
A	I	E	I	T	D	O	E	C	C	S	L	I	G
E	H	C	S	K	E	G	L	P	I	H	T	R	E

- RESPECT
- DISCIPLINE
- PUNCH
- KICK
- POSITIVE
- CONFIDENCE
- KARATE
- GOAL
- STRENGTH
- STANCE
- FRIENDSHIP
- LEADERSHIP
- NINJA

YOUR NAME:

LET'S KICK IT!!!



DRAGON GYM
SINCE 1973

Visit: www.dragongym.com

YOUR NAME: _____

GOALS WE SET



ARE GOALS WE GET!



DRAGON GYM
SINCE 1973

www.dragongym.com

YOUR NAME:

TRY.

FAIL.

TRY AGAIN.

LEARN.

SUCCEED!



DRAGON GYM
SINCE 1973

www.dragongym.com



YOUR NAME:

MARTIAL ARTS ROCKS



DRAGON GYM
SINCE 1973

www.dragongym.com

YOUR NAME:



I HAVE
SUPER
STRENGTH



www.dragongym.com

YOUR NAME:

IT'S TIME TO KICK OFF SUMMER!



www.dragongym.com

YOUR NAME:



**I LOVE
MARTIAL
ARTS!!!**

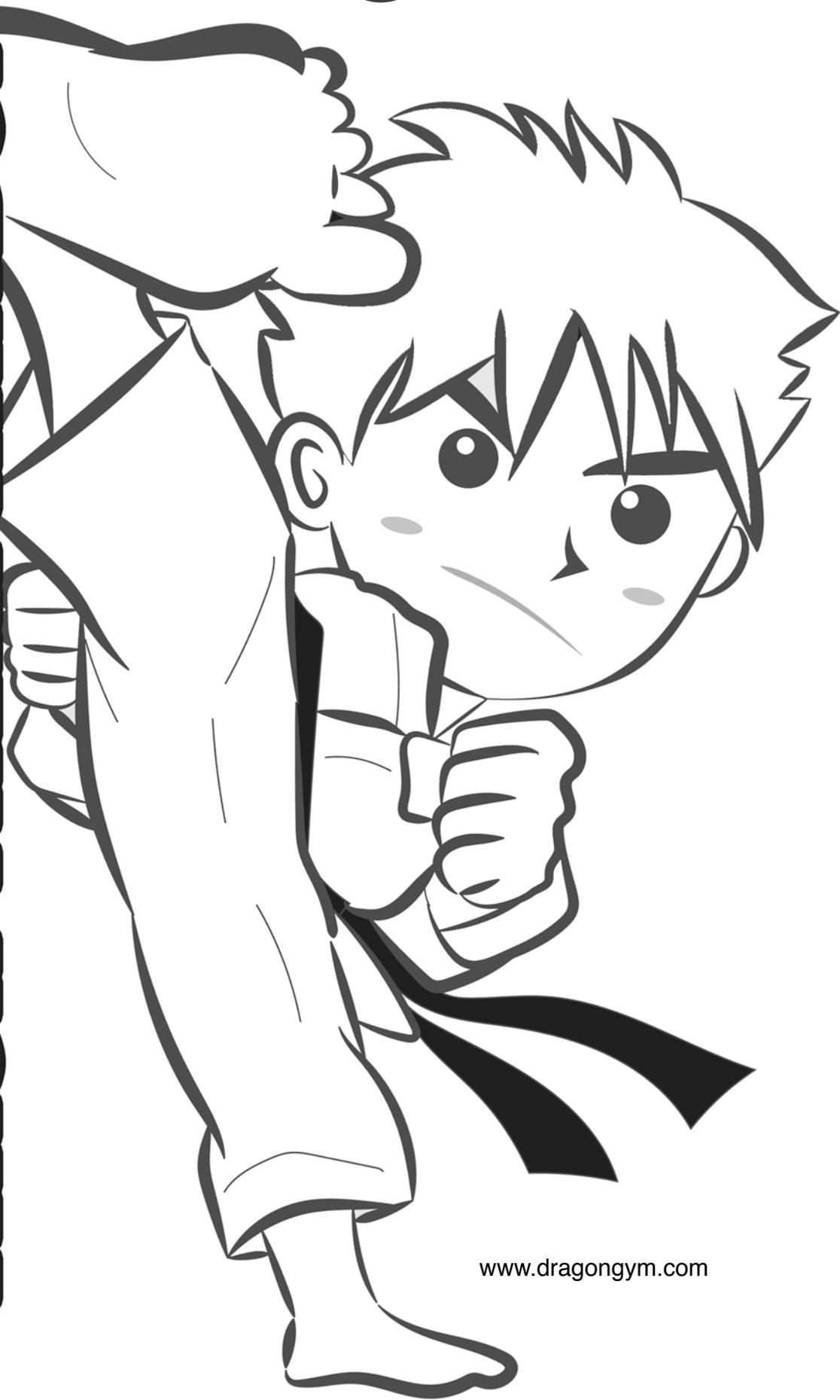
YOUR NAME:



YOUR NAME:



**REAL BLACKBELTS
WASH THEIR HANDS!**



www.dragongym.com