Help Harry & his Friends earn their Black Belts in Character Education.

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Created by Sarah B. Tucker Illustrated by Adam Ihle & Sarah B. Tucker

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Week Four

Teacher's Guide to Teach Indomitable Spirit

_____ Talk to your child/students about this week's meaning of Indomitable Spirit, which means never to give up even if you are afraid. For example, trying new foods, sleeping with the lights off, making mistakes or even breaking boards in Martial Art class.

(Parent/Teacher this week tip: Facing fear and working under pressure is a part of life. We as teachers and parents want to shield our little ones from pain. But it's our job to do what's best for our children, and that is to prepare them. Remember FEAR= False Expectations Appearing Real)

_____Ask your child/students if they can help Harry and his friends learn more about Indomitable Spirit by completing this week's challenges.

_____ At the end of the week go over the worksheets with your child/students, and praise them for all their hard work with helping Harry and his friends learn about Indomitable Spirit.

_____Remind them: Showing Indomitable Spirit helps us succeed at anything we want to accomplish. Don't let fear get in your way! Life is sometimes hard but by never giving up you can get through it and become even stronger than you before.

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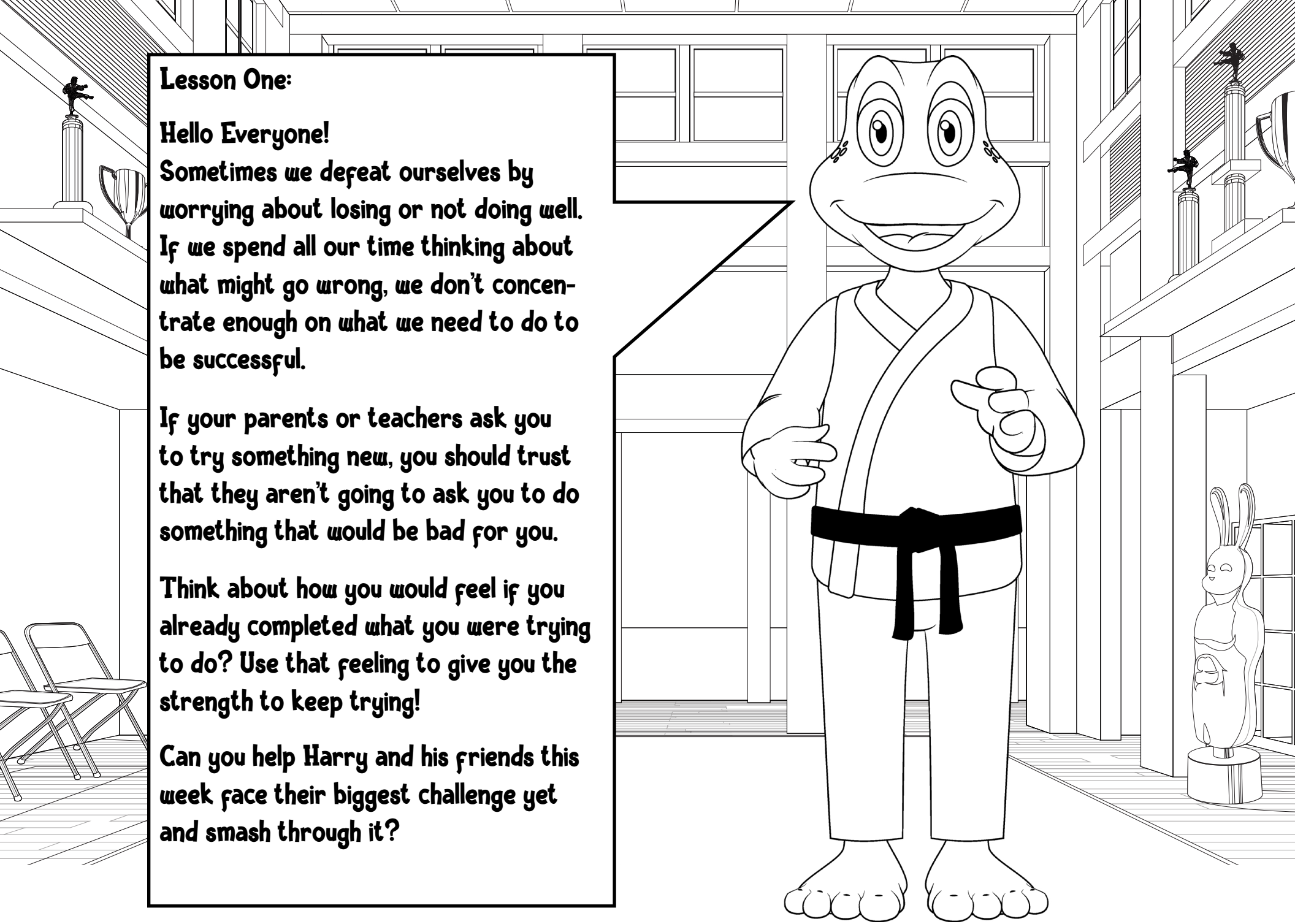
Lesson One:

Hello Everyone!
Sometimes we defeat ourselves by worrying about losing or not doing well. If we spend all our time thinking about what might go wrong, we don't concentrate enough on what we need to do to be successful.

If your parents or teachers ask you to try something new, you should trust that they aren't going to ask you to do something that would be bad for you.

Think about how you would feel if you already completed what you were trying to do? Use that feeling to give you the strength to keep trying!

Can you help Harry and his friends this week face their biggest challenge yet and smash through it?



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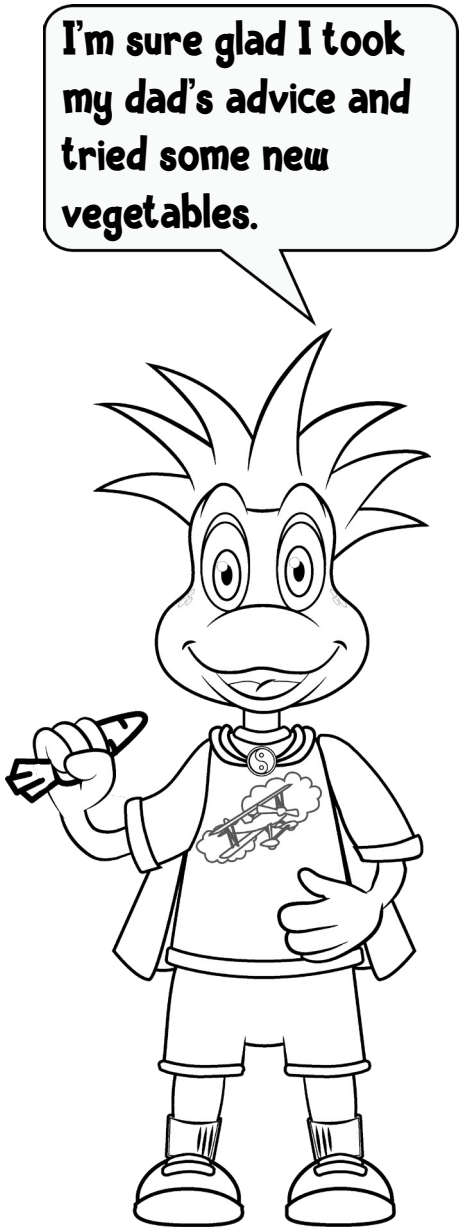
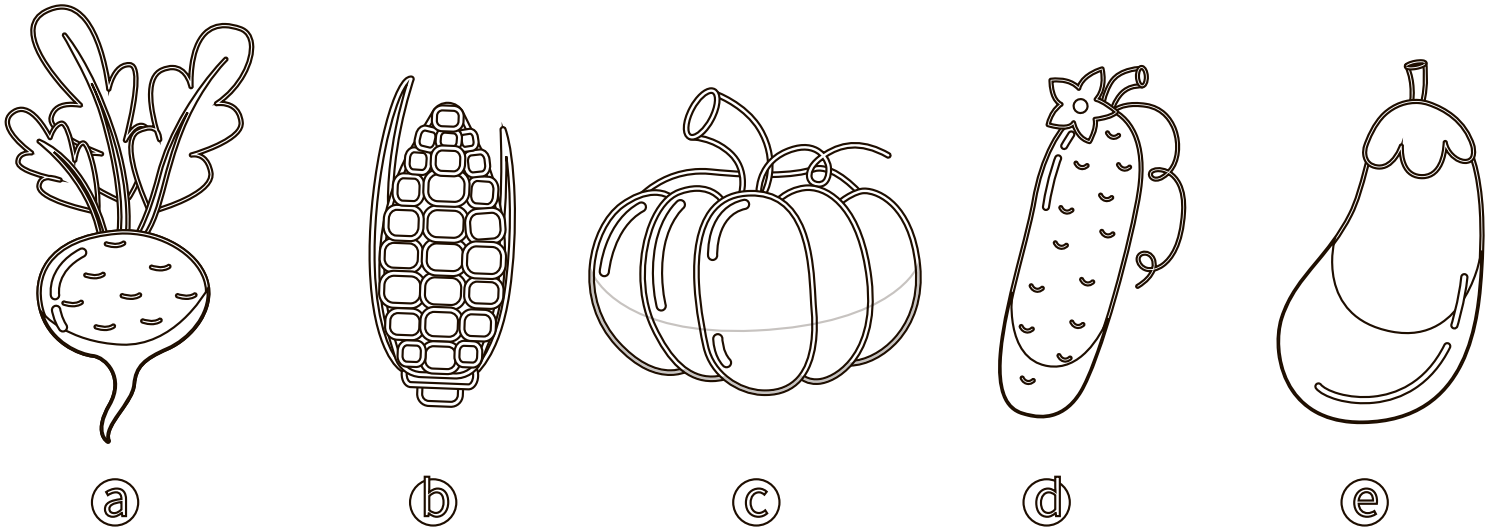
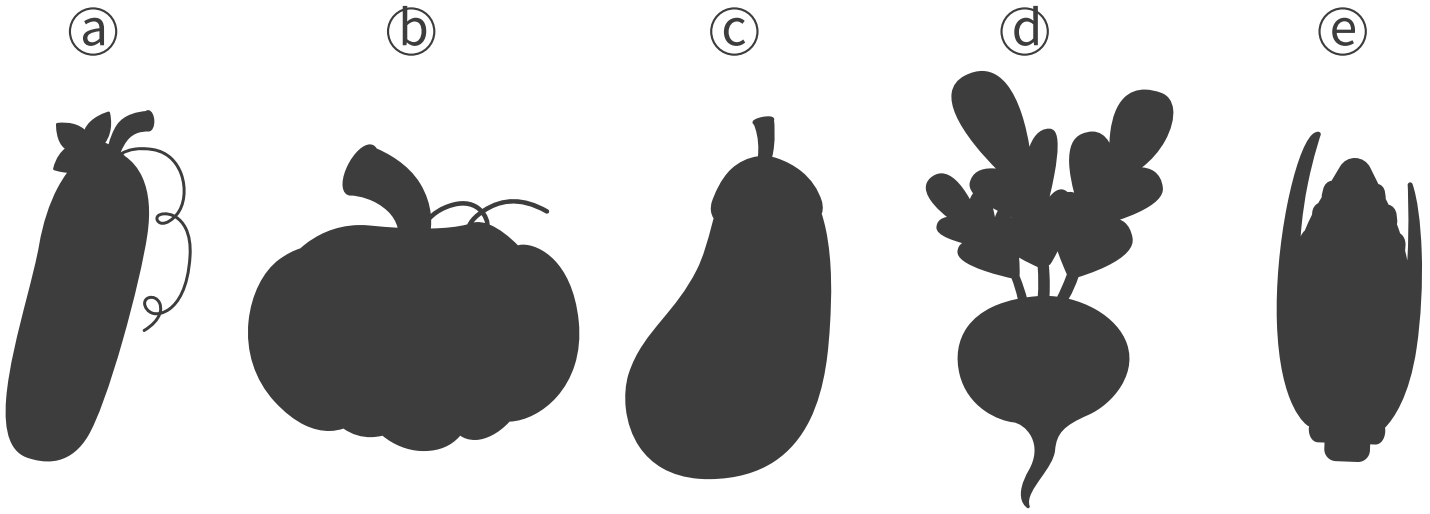
1. Color in each vegetable. 2. Draw a line from the vegetable that Harry is trying for the first time to it's shadow.
3. Now you pick a new vegetable to try for dinner tonight.
4. Take a picture of your new experience and post it in the student group.







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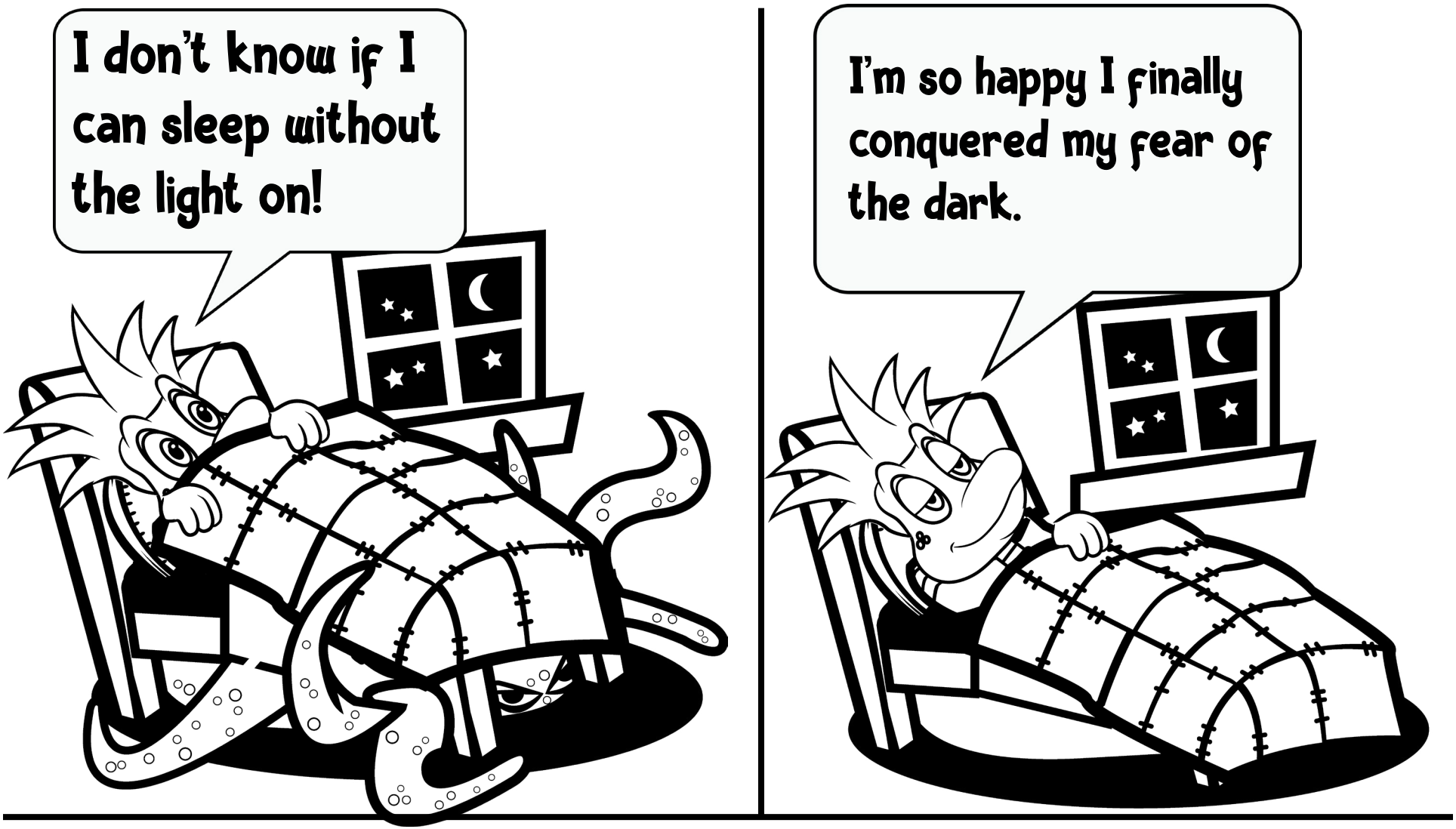
We've all been afraid of the dark at one point in our lives and Harry is no different. Harry's fear and overactive imagination is keeping him up night after night. What should he do?



Color in the pictures. Circle the Yes or No to answer questions.

1. Should Harry use a nightlight and stay in bed? Yes or No
2. Should Harry ask for help to overcome his fear? Yes or No
3. Should Harry take a few deep breaths, and think happy thoughts? Yes or No

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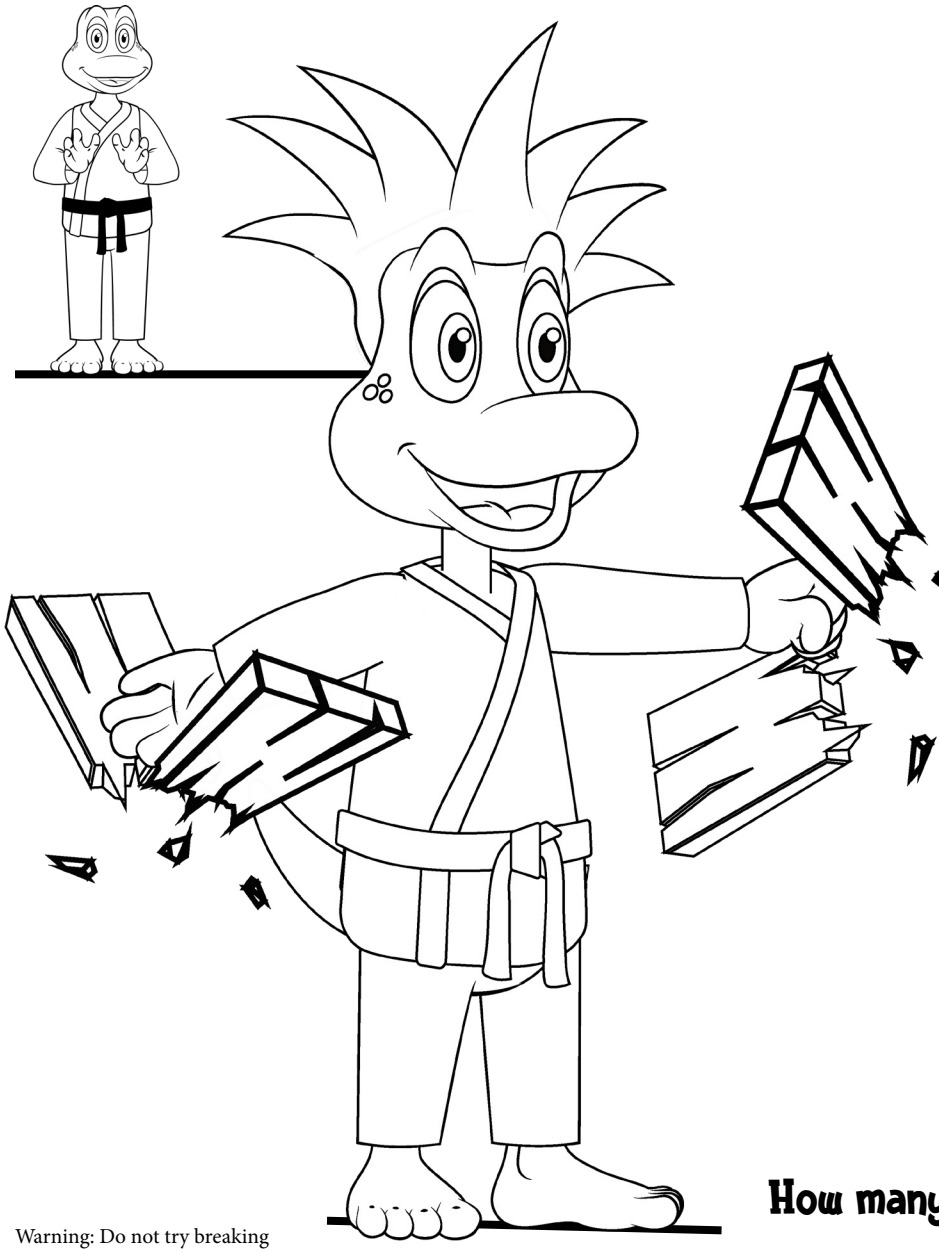
How many boards can Harry break in 60 seconds? Math worksheet.

Have your parents time you as you solve the problems. The more you practice the better you will get.



1 + 1 = ____

1 + 2 = ____

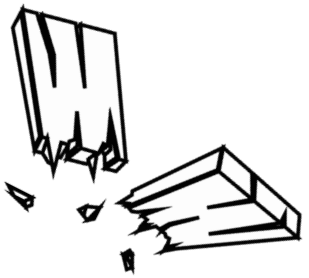
1 + 3 = ____

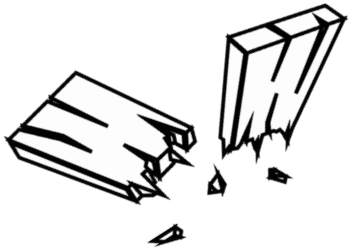
1 + 4 = ____

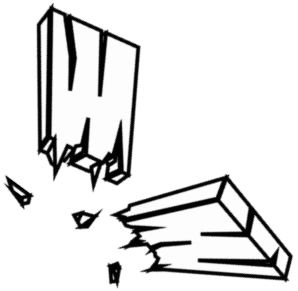
1 + 5 = ____

2 + 1 = ____

3 + 1 = ____







How many boards did Harry break on his first try? Add + up all the correct answers:_____

Warning: Do not try breaking boards without your martial arts instructor present.

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Lesson Two:

Hello Everyone!

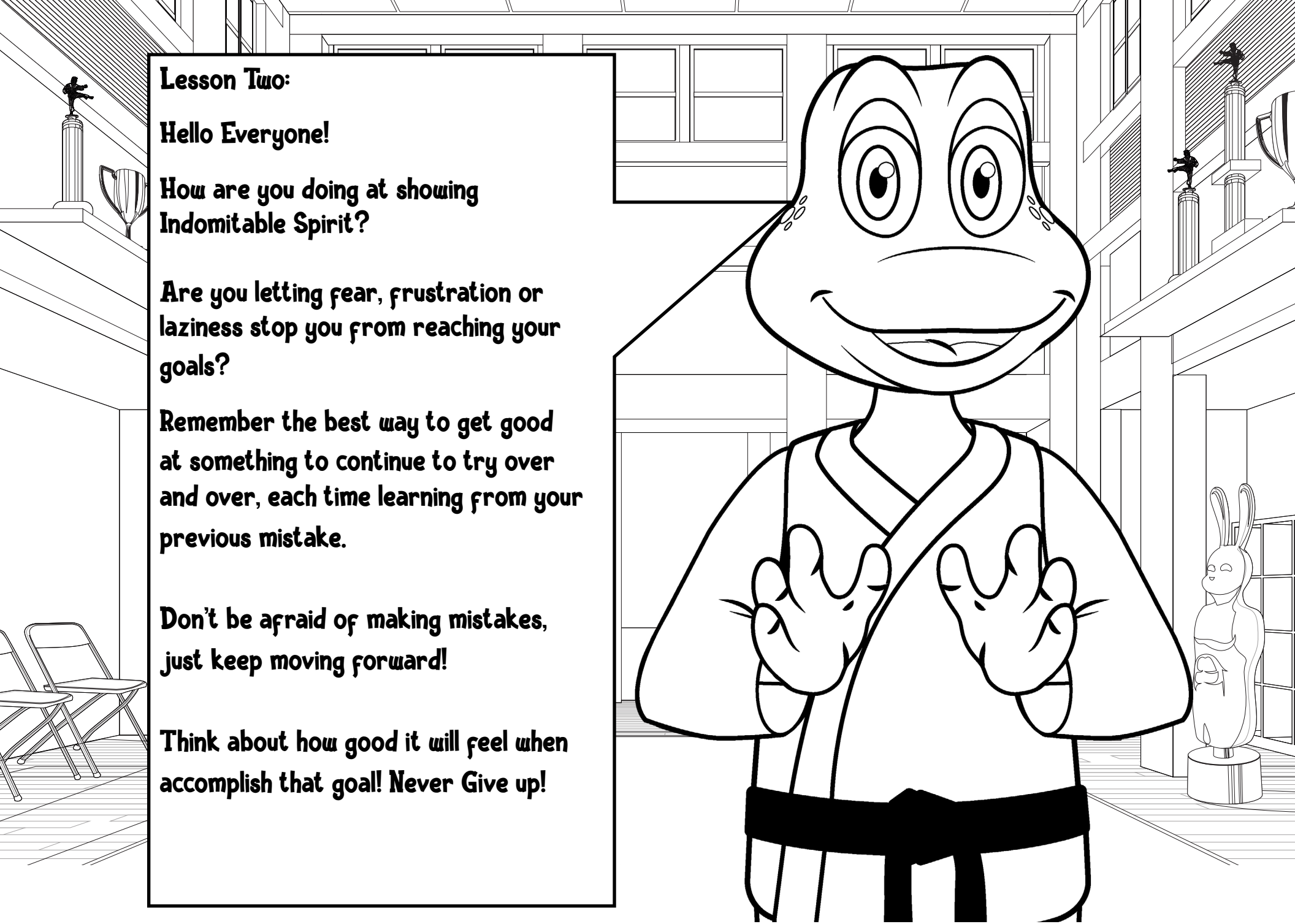
How are you doing at showing Indomitable Spirit?

Are you letting fear, frustration or laziness stop you from reaching your goals?

Remember the best way to get good at something to continue to try over and over, each time learning from your previous mistake.

Don't be afraid of making mistakes, just keep moving forward!

Think about how good it will feel when accomplish that goal! Never Give up!



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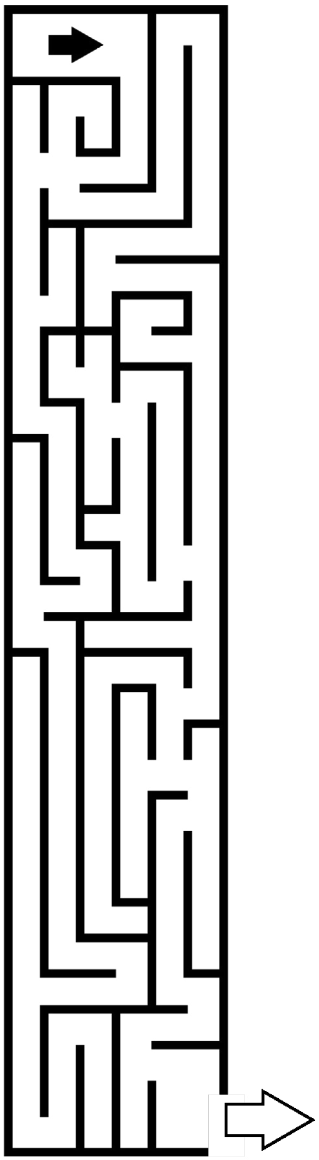

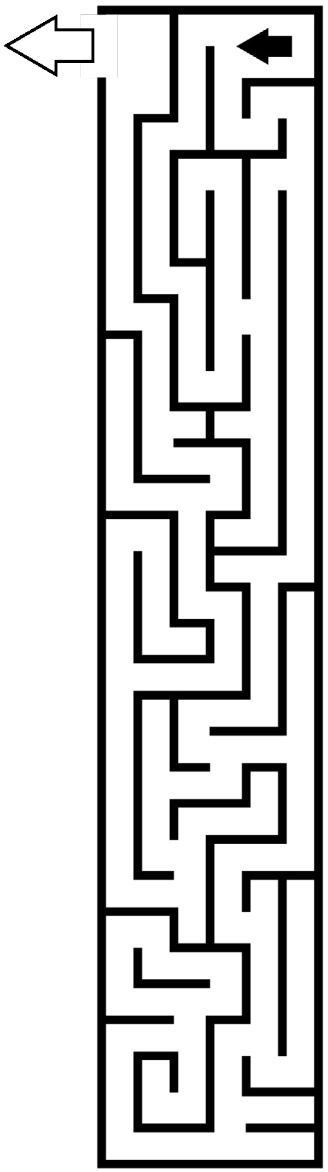

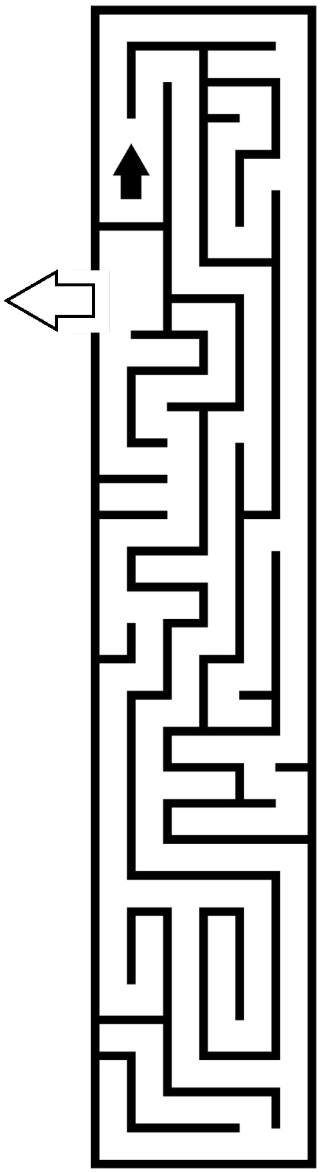

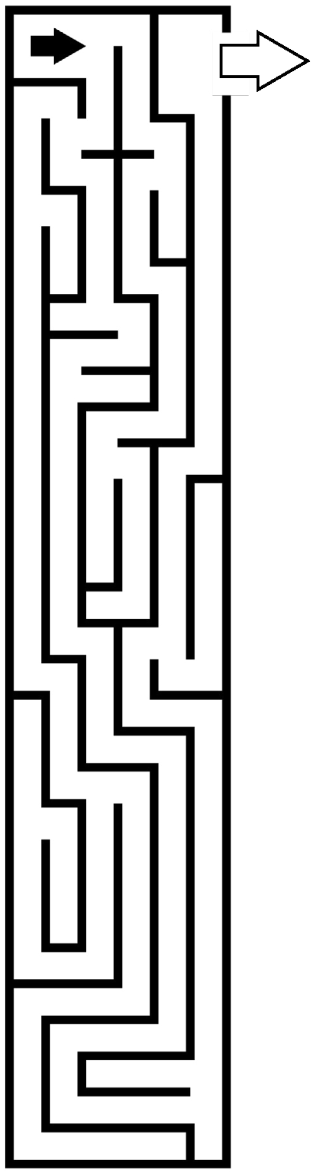

Can you help Harry through the Mega Maze Challenge?

Start ➡ ⇨ **Finish**

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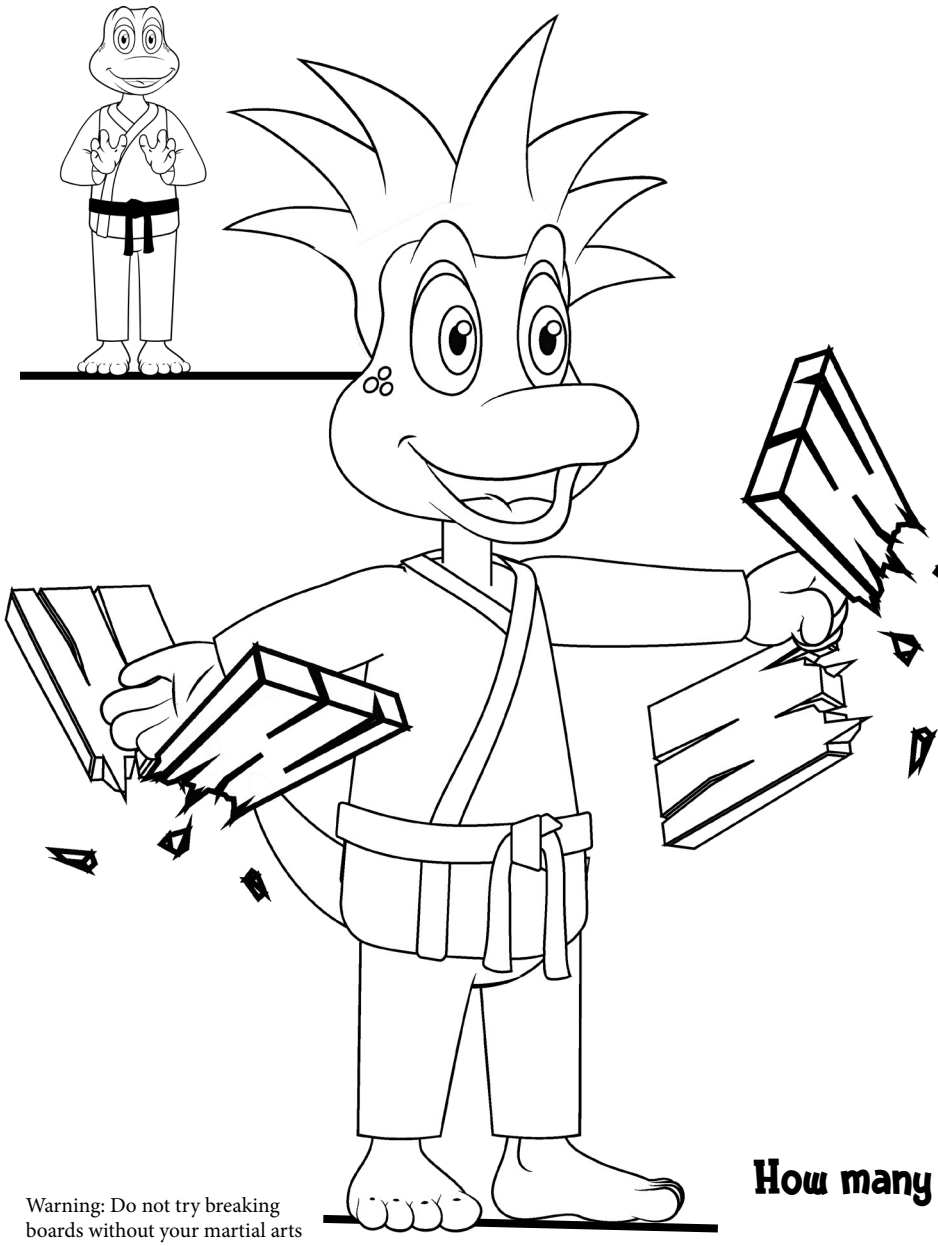

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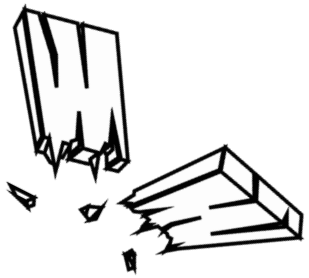

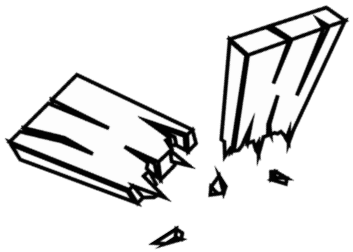

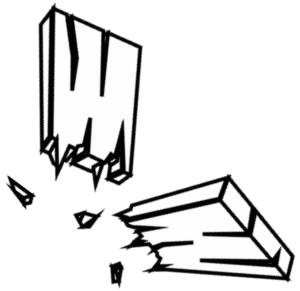

How many boards did Harry break on his <u>second</u> try? Add + up all the correct answers:_____

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Use this decoder to reveal secret messages From Harry.

A

Apple

B

Banana

C

Carambola

D

Date

E

Eggplant

F

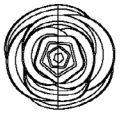
Fig

G

Green Grapes

H

Honey Dew

I

Iceburg Lettuce

J

Jicama

K

Kohlrabi

L

Lychee

M

Mango

N

Nut

O

Orange

P

Pear

Q

Quinoa

R

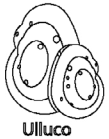
Raspberry

S

Strawberry

T

Tomato

U

Ulluco

V

Velvet bean

W

Watermelon

X

X-cat-ik Chile Pepper

Y

Yam

Z

Zuccini

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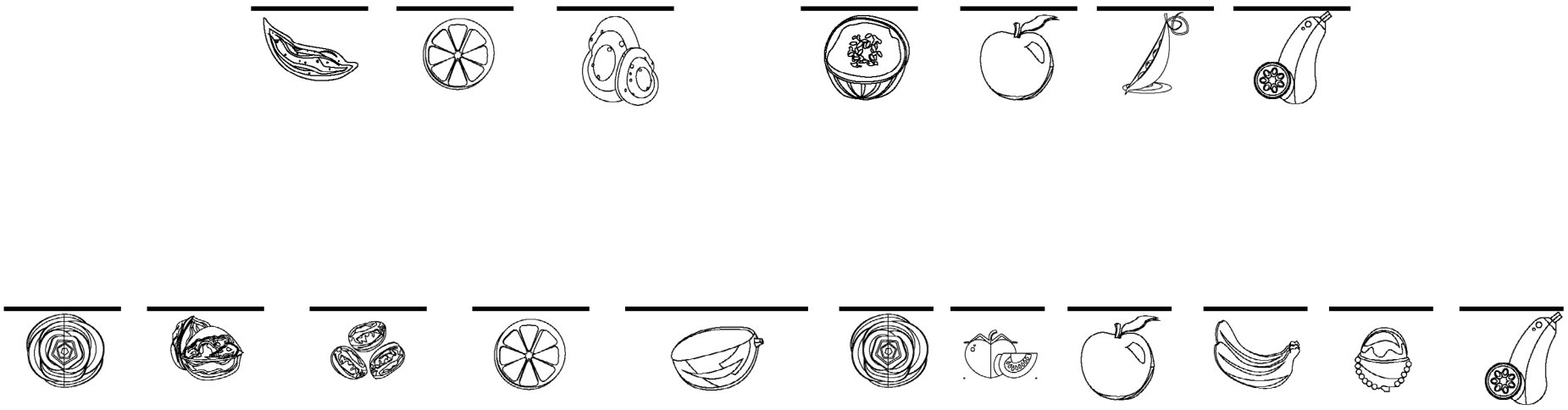
Harry has sent you a secret message.

Use the decoder to learn what it is.



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