



Kid Kick Newsletter

Focus

– To concentrate your efforts or attention on one thing.

Example: I must focus all of my attention on the board when I attempt to break it.

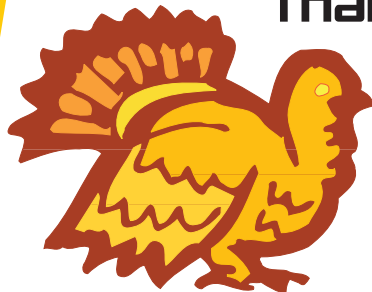
When you focus on what you are doing instead of letting other things distract you, you are able to finish your tasks quickly and efficiently. No one wants to spend hours doing homework, but if you allow phone calls, television, friends or games to distract you, it will take hours to do 30-minutes of math. You will still have done 30-minutes of math, but you also spent two hours being distracted. Go ahead and finish your math. Then you will have two hours to have fun without thinking about having to go back to do your math.

You are able to focus better when you know what distracts you.

List five things that you must resist in order to focus on your goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Thanksgiving Tongue Twisters:



Try saying each of these sentences five times fast.
Ask your friends if they can do it.

- Greedy gobblers grabbed the gravy.
- Peter Pilgrim picked pretty, plump pumpkins!
- Ten tricky two-toed turkeys trotted to the table.



PANDA BEAR FACTS



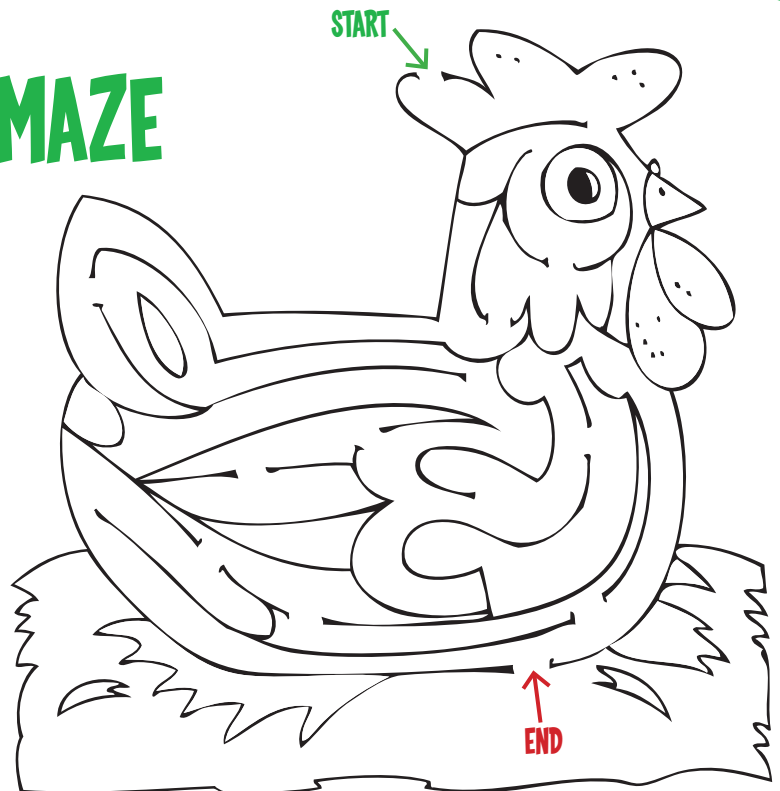
Giant pandas are black and white bears that can weigh anywhere from 220-330 pounds when fully grown. However, they don't start out that big. When they are born, they are the size of a stick of butter and have no hair! Did you know pandas make a bleating sound like lambs and goats?

Pandas love bamboo, which is good, because they come from the bamboo forests in the western mountains of China. Even though they are large with big bones, they are also very flexible and can do somersaults. Sounds like Po from *Kung Fu Panda*!



THANKSGIVING HEN MAZE

Find your way through this hen maze from the top of the hen's head all the way down to the hay she is resting on. Be careful not to find a dead end. If you do, go back.



COLORING FUN!



Word to Remember



Thankful: Feeling or showing gratitude.

Example: I am thankful for my family, friends and the wonderful instructors at my martial arts school.

Wise quote

“Blessed are those that can give without remembering and receive without forgetting.”

— Unknown

COUNTING BY 1s MAZE!

The fierce wind is trying to blow the fall leaves from the tree. Draw the path starting at 1 and counting by 1s up to 100.

		64	65	68	69	72	73		
		63	66	67	70	71	74	75	
		62	61	60	59	78	77	76	
2	1	8	9	54	55	58	79	80	81
3	6	7	10	53	56	57	84	83	82
4	5	12	11	52	87	86	85	96	97
19	18	13	14	51	88	89	90	95	98
20	17	16	15	50	49	48	91	94	99
21	30	31	32	33	34	47	92	93	100
22	29	28	37	36	35	46			
23	24	27	38	41	42	45			
	25	26	39	40	43	44			