



GROWTH

Ever watched something **grow** or **develop**? Growth happens slowly, gradually, step by step. Growth also needs the right **environment** (*a flower can't grow in a swimming pool, right?*). Let's learn how you grow!

Name: _____

Find a picture of yourself as a baby. Do you recognize yourself? _____

Now look at a really recent picture of yourself (or the mirror). What's different? _____

Think of something you've helped grow (*a goldfish, a flower, a brother or sister, a fellow karate kid*). What did you do to help this thing or person grow? _____

How do your karate instructors help you grow? _____

Growth takes work. What can you do to keep yourself growing (developing) in karate? _____

What do you want to become (grow into) in the next ten years? _____

Draw yourself at white belt!



Now draw yourself at Black Belt!

