

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# FLEXIBILITY

What does being flexible mean to you?

\_\_\_\_\_

In martial arts, it is important to grow flexibility in our bodies.  
It keeps our bodies safe and improves our technique.

What is your favorite stretch? \_\_\_\_\_

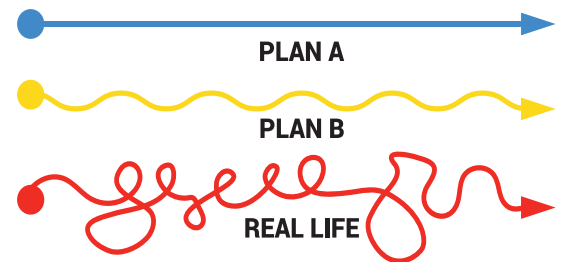
What stretch or stretches do you want to get better at? \_\_\_\_\_

Set a smart goal to get more flexible:

I will improve my \_\_\_\_\_ by stretching \_\_\_\_\_ days a week for the month of April!

Martial Artists also harness the power of flexible thinking. This is the ability to view challenges or changes in our life as an opportunity rather than a setback. They go with the **F.L.O.W.**

- Focus on the positive
- Live in the moment
- Open your mind to opportunities
- Work on patience with yourself and others



Name something that is challenging you: \_\_\_\_\_

What opportunity does this challenge offer to you? \_\_\_\_\_

Stay positive: What can you tell yourself as you work on this new opportunity?

\_\_\_\_\_

## FAMILY DISCUSSION

Talk about a time when plans didn't go as your family planned. What happened?

Imagine that happened again. How can you use flexibility to go with the FLOW? What can you say? What opportunity do you see? How can you be patient with each other?

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