

Name: _____ Date: _____ **RIPPLE EFFECT**
Martial Arts

POSITIVITY

Positivity is about finding the good in every situation and spreading that energy to others. At Ripple Effect Martial Arts, we believe that a positive attitude helps you overcome challenges, build stronger connections, and create a ripple effect of encouragement and confidence.

Design your own tea cup! Create a beautiful masterpiece of positiviti-tea. Write down words in the tea cup that make you feel happy. Add your favorite colors and designs to make it personal. Be creative!



FAMILY DISCUSSION

As a family, discuss how you can fill each others Positivi-Tea cup. What are some things you can say or do for your loved ones to help them be more positive.

Write down your favorite ideas. Use the back for more space.
