

BigRock Aikikai  
Character Development Program

## Kick Start

### Community

**Please list below 3 positive things you do in your COMMUNITY:**

(Some examples: donating your old clothes and toys, recycling, volunteering at a public library, helping to keep your community green space clean, volunteering at church, mowing a neighbor's lawn or shoveling a neighbor's sidewalk, volunteering at the Calgary Humane Society, helping out at the Salvation Army's Christmas Hamper Program, consistently showing good manners toward people that you meet, consistently speaking in a respectful manner and with a respectful tone toward people that you meet)

***\*\* At least 1 of the 3 examples you list below must be about your manners \*\****

1.

2.

3.

By signing below, parent/guardian agrees the effort shown in the COMMUNITY demonstrates sufficient positive participation.

**Student Name:**

**Approval:**