

BigRock Aikikai  
Character Development Program

# Kick Start

## Home

**Please list below 3 positive things you do at HOME:**

(Some examples: helping to prepare meals, helping to clean-up after meals, taking out the garbage and recycling, keeping your room clean and tidy, helping with the laundry, taking care of pets, taking care of younger siblings, mowing the lawn, shoveling snow, consistently showing good manners toward parents and siblings, consistently speaking in a respectful manner and with a respectful tone toward parents and siblings)

**\*\* 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 at HOME demonstrates sufficient positive participation.

**Student Name:**

**Approval:**