

**CONTINUE
THE ADVENTURE...**

NAME: _____

Homework assignment

Virtuosity is doing the common, uncommonly well. Imagine you're drawing a picture. Instead of quickly sketching it, you take your time, paying attention to every little detail, choosing the best colors, and making sure everything looks just right. That's virtuosity in art! Or, think about how you organize your desk. Instead of just shoving things into drawers, you carefully place everything in its proper spot, making sure it's neat and easy to find later. That's virtuosity in organizing!

Questions

What does virtuosity mean in your own words? _____

Can you think of something you do every day that you could do with virtuosity? Describe it. _____

Why do you think it's important to do even simple tasks with virtuosity? _____

Give an example of a time when you saw someone else show virtuosity. What were they doing? _____

How can practicing virtuosity in small tasks help you in other areas of your life, like school or sports? _____

Imagine you're putting away your toys or school supplies. Describe how you could do this with virtuosity. _____

7. Think about how Sensei Cliff practices virtuosity in martial arts. How can you practice virtuosity in something you enjoy, like a hobby or sport? _____

Challenge Activity:

For the next week, pick one thing you do every day, like making your bed or packing your school bag. Practice doing this task with virtuosity. Write how it felt to focus on doing it really well and if it made a difference.

One thing you do every day: _____

How it felt to do it really well: _____

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