

**CONTINUE
THE ADVENTURE...**

NAME: _____

Homework assignment

Confidence and Practice

Draw a picture of something you want to get better at (like riding a bike, drawing, or playing a sport).



Nerves Are Normal - Fill in the Blanks by circling the word that best fits how you feel:

"Even when I feel [nervous][scared][anxious], I can trust that I have practiced enough to [try again][never quit][keep going]."

Section 4: Practice Makes Perfect!

List Activity: Write down three things you want to get better at and how you will practice them, you could even put these as a reoccurring challenge in your MyDojo World App.

_____ -How I will practice: _____
_____ -How I will practice: _____
_____ -How I will practice: _____

PLAY ALONG AND TRAIN YOUR OWN DOJO...

Parents use our chores/challenges management app. Your children earn game Kudos for doing chores/challenges at home.



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