



PALLEN'S
MARTIAL ARTS™

POWERFUL

JUNE 2022

PROJECT

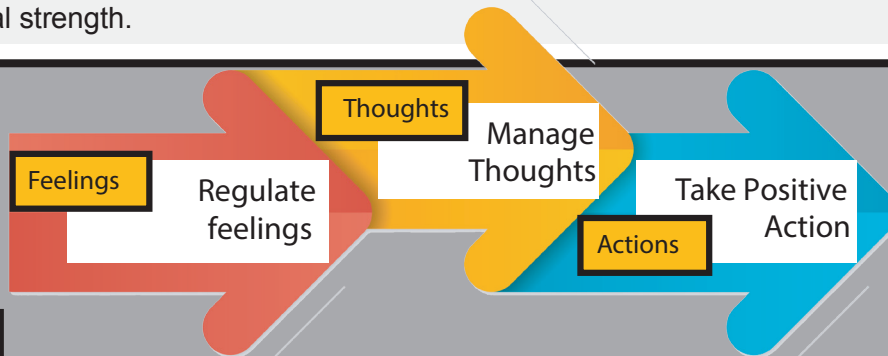
MENTAL STRENGTH

AGES 7-11

FIRST & LAST NAME: _____ PARENT SIGNATURE: _____

TIP GOAL: _____

This month we are talking about mental strength. Mental strength requires us to (1) Stay in charge of our emotions so our emotions don't control us, (2) manage our thoughts so we don't engage in negative thinking and (3) take positive action even when we feel challenged or life doesn't go as planned. Below, read about each person and help change his/her thoughts, manage his/her feelings and guide his/her positive actions so that they can show mental strength.



Ben is getting ready for a big competition. He feels nervous. He thinks; "I will mess up and everyone will laugh!" He stops practicing and says he's sick.

To feel less scared:

Better thoughts:

Better actions:

Now how do you think he'll do? (circle)

- Better
- Worse
- The Same

Kate is angry that she did poorly on a project in school. She says; "I'm so dumb! My teacher doesn't like me." She grumbles in the back of the class.

To feel less angry:

Better thoughts:

Better actions:

Now how do you think she'll do? (circle)

- Better
- Worse
- The Same

How have you shown mental strength in your life?
