

Action

Week 1

"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."

Albert Einstein, world-renown physicist and inventor of the Theory of Relativity

Translation for Adults

One of your most important choices is whether to take action when others need your help. When you observe someone in trouble, don't hesitate—act. You should never think you don't have the time to act. Remember, failing to take action is just as wrong as the troubling situation you observe. It's your job not only as a future Black Belt, but also as a human being to help people in need. You must be the one to step forward and take action.

Translation for Kids

Raise your hand if you have ever seen someone being bullied or bothered in a bad way by others. Always take action right away, even if you're afraid of being bullied too. You should always take the time to help no matter where you are supposed to be. Taking action to help others shows that you care. Whatever the reason, failing to act is just as wrong as bullying someone. As future Black Belts and responsible adults, all of you must take action to help other people.

Class Discussion for Kids

1. How did you feel when you saw a wrong action, like someone being bullied, and you did not take action to help?
2. If you see someone be bullied, then what should you do to take action?

Week 2

"When it comes to getting things done, we need fewer architects and more bricklayers."

Colleen C. Barrett, president and member of the board of directors, Southwest Airlines

Translation for Adults

Most people are quick to volunteer solutions to a problem or wrong situation. They offer suggestions or ask why someone isn't solving the problem. They have the plan, which is what architects do. Those who act on the plan are like bricklayers. Without the action of bricklayers, the architect's plans are just paper on a desk; but when you act, those plans produce positive results. Now is the time to achieve your goals and stop thinking about them.

Translation for Kids

Most people have ideas about how to help someone being bullied, but they sometimes expect others to act. This is like the difference between an architect and a bricklayer. The architect has the ideas or plans, but the bricklayer does the work, or acts. You may need to think like the architect to create a plan to help someone, but you always want to put your plans into action like the bricklayer. You must take the action necessary to help someone being bullied or in a bad situation, or to reach your goal.

Class Discussion for Kids

1. When did you think like an architect to make a plan to reach your goals?
2. What steps or actions will you take like a bricklayer to reach your goal or act on your plan?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"Nobody made a greater mistake than he who did nothing because he could do only a little."

Edmund Burke, 18th Century Irish statesman and philosopher

Translation for Adults

You must always be willing to take action, even when they're minor actions. Remember, all those small, yet positive, actions accumulate, motivating and inspiring others to act. In the movie, *Pay It Forward*, a boy challenged himself and others to perform three good deeds. Whenever someone thanked him for a deed, the boy asked that person to "pay it forward," or contribute three good deeds. Imagine the impact if a large number of people "pay it forward." The boy in the movie understands the bigger picture; and you must emulate his behavior throughout your life.

Translation for Kids

You must take a test in a week, but you know you will be very busy one of the evenings before the test. It's easy to think that it's better not to study for that short time because it won't make a difference. Sometimes, that's how you may think about taking action to help others. In the movie, *Pay It Forward*, a boy challenged himself and others to do three good deeds. Whenever someone thanked him for doing a good deed, the boy asked that person to "pay it forward." It would make a big difference if a large number of people each did three good deeds. The boy in the movie understands the bigger picture. You must learn to act just like him.

Class Discussion for Kids

1. When did you fail to do a good deed because you thought your good deed was too small?
2. How would that small deed have helped you?

Week 4

"A life spent making mistakes is not only more honorable, but more useful than a life spent in doing nothing."

George Bernard Shaw, 19th/20th Century Irish dramatist, essayist and critic

Translation for Adults

Anyone who is truly successful has made countless mistakes. The reason why successful people are always making mistakes is because they are always trying. Before Thomas Edison finally invented the light bulb, he failed 3,000 times, but he never stopped trying, which is why he finally succeeded. Not only was Thomas Edison unafraid to make mistakes, but also he realized that making mistakes is often the best way to learn. Don't let the fear of failure deter you from trying and acting. When your efforts produce an undesirable result, learn from it, and then try again.

Translation for Kids

Michael Jordan is probably the best basketball player of all time. He made thousands of baskets, but he also missed thousands of baskets. In fact, he actually missed more baskets than most other players. One of the reasons why Michael Jordan is so great is that he always tried. Just like Michael Jordan, you too must take action and be willing to make mistakes, and even fail. What matters is that you continue to try. If you always take action, then one day you will be a great Black Belt.

Class Discussion for Kids

1. What action did you take to reach a goal even though you thought you might make a mistake or fail?
2. What happened when you tried?