



VALUES CURRICULUM

FACILITATOR MANUAL



INTRODUCTION



Welcome to the **KICKSTART KIDS Values Curriculum**, the character education component of the **KICKSTART KIDS** program.

PURPOSE

The mission of **KICKSTART KIDS** is to “change and save children’s lives by building strong moral character in our youth through the martial arts.” We equip students to make positive choices under pressure so they can be successful in all aspects of life. We are a character education program as much as we are a martial arts program. This idea is not new for those that have studied the rich history of martial arts. It was not uncommon for a student to serve and work for a martial arts master for years until deemed worthy and of good character. Only then would physical lessons begin.

We change lives by creating a culture of values and kindness, teaching respect and internal discipline, building confidence, and increasing test scores. Teaching quality karate, setting a great example, and developing character should be at the forefront of our program.

IMMERSION & IMPLEMENTATION

Webster’s dictionary defines immersion as, “*instruction based on extensive exposure to surroundings or conditions that are native or pertinent to the object of study.*”

As many black belts will attest, when we train, we eat, sleep, and drink karate. As young students, we practiced night and day, and if we had to sit still, we were doing karate in our minds. This curriculum is designed to immerse students in values in the same way. We have daily verbal, physical, and visual reminders in our classes about our values including the affirmation, bowing, and posters on display.

If we are going to be a character education program and karate is our vehicle, character must be part of daily classroom conversations and physical training (not reserved for an end-of-the-week “free dress” day.) When the physical material is layered properly, values such as *responsibility*, *dedication*, and *discipline* are represented in the physical actions of the student and not simply words to recite.



Your classroom plays an important role in the process of immersion. An example of immersion is the bulletin board. Each class should have a bulletin board to display signs that will change each month along with the value. These signs will include the value, the definition, the creed, and quotes that pertain to the value. In addition, monthly posters representing the value should be displayed.

Instructors will remind the students of the value of the month through a brief discussion and reciting the creed at the beginning and end of class. Once-per-month, an activity will be conducted to illustrate the value and foster discussion. There are also brief lessons and mat chats that tie the values to physical training.



At the end of each month there is a short quiz to check for retention and understanding. There is an ongoing evaluation of the effectiveness of the values curriculum which will include these quiz results.

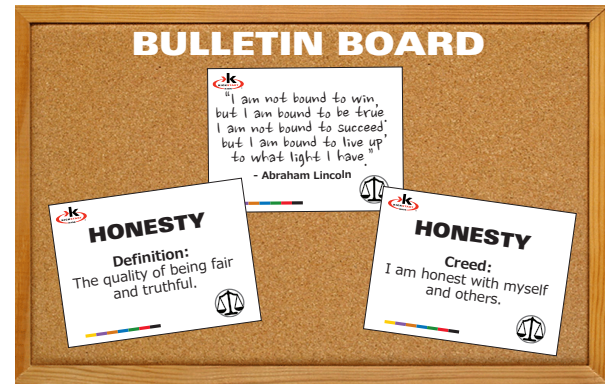
THE DOJO: ITEMS TO DISPLAY



(8) Values Posters



KSK Value Code



Monthly Value Creed, Definition, and Quote

DAILY IMMERSION PROCEDURES

The following are recommended daily procedures for immersion.

- After the “bow-in” and “T.E.A.M affirmation,” ask students; *“What is the **KICKSTART KIDS** value for this month?”*
Be sure responses are followed with Sir/Ma’am.
- Use the manual to set up value lessons every week. There are three brief lessons for each week that can be done on the day of your choice. Typically, lessons take under five minutes and often build off each other.
- Look for teaching moments. Look for opportunities to reinforce values based on class discussion.
- Engage in an activity at least once a month to illustrate the value. Many instructors use activities and games to keep students motivated, disguise repetition of physical karate, and/or teach components of a skill. The value activities are described in detail within the lessons. Remember, the larger purpose of a value activity is to facilitate discussion.
- End of Class Affirmation: Ask, *“What is the creed for (value this month)?”*
Students should respond with the appropriate phrase from the poster followed by Sir/Ma’am.
- When discussing these values, the dojo should be a safe and neutral place where students can express themselves.





TEACHING TIPS

Class Flow

- If the students are distracted, it is a good idea to use a predetermined focus word (such as saying “students” – and students respond with “ready sir/ma’am”) or a focus clap (say “if you can hear me – clap once, if you can hear me clap twice” – students respond accordingly).
- Find a moment when the class has been working hard to set up your discussions. This is an ideal time to help cultivate an open mind and stimulate both intellectual and emotional responses.
- Remember, activities work better while students still have energy and are alert.
- While consistency is important, diversifying the timing of implementation of the value lessons can be useful for student participation.
- Strive to create a culture of trust in your room. Take ownership of teaching these values the same way you do karate and your students will buy in and thrive.
- Remember that you are part of something bigger than your individual campus. Make sure students know that you believe in **KICKSTART KIDS** and its values.



TEACHING TIPS

Catch Students “Doing Something Right”

- Recognize student accomplishment whenever possible. Give your students kudos for a job well done in and outside of class.
- When probing the class for answers, call on different students and always repeat back the answer they give you to validate. When possible write answers on the board or assign that task to another student.
- Engage students in discussions as often as possible about being a complete martial artist. It takes courage for students to speak in class. When students offer an opinion or answer, applaud their willingness to speak. When students know that they are being heard, they tend to listen.
- Constantly acknowledge behaviors you would like reinforced especially when it comes from students demonstrating values. Positive recognition of the student along with consistent modeling of the values will do more to create a desire for good character than anything else.
- Recognize teachable moments. Daily, there are instances on and off campus to which students are exposed and concern them. Use these moments to have a brief discussion and validate their awareness.
- Remind your students how all of the values interrelate. Just as the physical movements connect to create great karate, values connect to create great character.
- Sharing appropriate experiences that relate to the values can help your students feel more comfortable sharing theirs. Just make sure that you do not over share.

