



Kid Kick Newsletter

Happiness

– a state of well-being and contentment.

What makes you happy? According to Snoopy's creator, Charles Schulz, "Happiness is a warm puppy." The nice thing about this question is there are no wrong answers! Each of us is different, so what makes each of us happy is different.

Just like taking your daily vitamin, being happy is important to your health. It helps your brain focus on the things you need to learn and even helps your coordination and balance so you don't fall when you do a front kick. When you are happy, it also makes those around you happy, which is good for them too. Don't you feel great when your martial arts instructor is happy to see you? Wow! Happiness is something we should share with all of our friends! The next time you are feeling grumpy, put on a happy face and see if you can spread it around.

NOVEMBER 2010



november jokes

1. What animals are on legal documents?

Seals!

2. What kind of hair do oceans have?

Wavy!

1. Why did the child study in the airplane?

Because he wanted a higher education!

2. What is the best hand to write with?

Neither - it's best to write with a pen!



Pak's Karate Academy

Bossier City
752-2221

Haughton
949-5675



Thanksgiving is More Than Turkey!

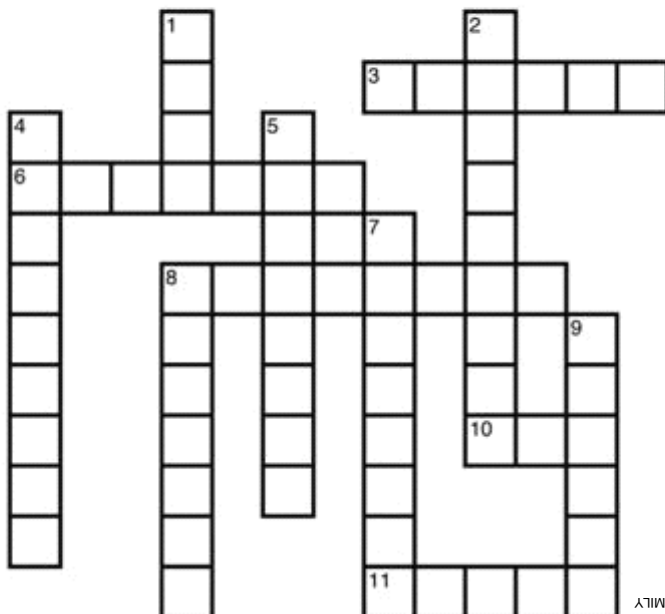


In the U.S., Thanksgiving is celebrated on the fourth Thursday in November. This is a day when we give thanks for the harvest season, but it's more than just a time for food.

It's a time for family and friends to gather together and share family traditions. It's also a time to remember others by helping those in our communities and around the world. Some martial arts schools have board breaking or kicking events to help charities or food banks. What are some things you can do to help others?



Thanksgiving Dinner Crossword Puzzle



Across:

3. Main dish for Thanksgiving dinner.
6. On Thanksgiving, it is common to have a family _____.
8. Mashed _____.
10. A root commonly seen at the dinner table on Thanksgiving.
11. You pour it over your mashed potatoes!

Down:

1. After seasoning the turkey, you put it in the _____.
2. Small red berry usually made into a sauce.
4. Giving thanks on Thanksgiving is an American _____.
5. We watch it on TV after Thanksgiving dinner.
7. What's so yummy inside the turkey?
8. Used to make a pie. It's orange and delicious!
9. Thanksgiving is a time to spend with _____.

Across: 3. TURKEY - 6. REUNION - 8. POTATOES - 10. YAM - 11. GRAVY
Down: 1. OVEN - 2. CRANBERRY - 4. TRADITION - 5. FOOTBALL - 7. STUFFING - 8. PUMPKIN - 9. FAMILY

COLORING FUN!

Color the martial artists
dressed for Thanksgiving.



THANKSGIVING

A row of Thanksgiving-themed icons: a pumpkin, an ear of corn, a pie, a turkey, and two stalks of wheat.



Word to Remember

Nostalgia — [nah-STAL-juh] noun.

1. A longing for something past
2. Being homesick

Example: At Thanksgiving, a wave of nostalgia swept over our grandparents as they told us stories from their childhood.

Origin: New Latin, from Greek *nostos* return home + New Latin *-algia*; akin to Greek *neisthai* to return, Old English *genesan* to survive, Sanskrit *nasate* he approaches.

Wise Quote

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

— Frederick Keonig

Unscramble the Thanksgiving Words!

Help the martial artist kick the letters into place.



1. RGSIIPLM _____
2. ONCR _____
3. RBRRYCAEN _____
4. KISNVIAHTGGN _____
5. KIPMNPU _____
6. NAOOCRICPU _____
7. OWLMERAYF _____
8. SATFE _____
9. AIENTV ESNIAMRAC _____
10. VTSHAER _____
11. HUQSSA _____
12. ERTYKU _____
13. YMA _____