



# Word of the Month

## ETHICS

Ethics are a big part of who you are. They help determine the actions you take and the decisions you make. Your ethics are your moral compass pointing you in a certain direction. It is important that you have strong ethics to help guide you in the right direction. Try the tasks below to help build strong ethics.

- Talk to your parents about what you think good ethics are
- Think of a time you had a tough decision to make. Did your ethics help you to make that decision?
- Volunteer for an organization with a cause important to you
- Do a random act of kindness for somebody you care about
- At your next martial arts class, ask your instructor if there is anything you can help with
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_