



# VALUE WORKSHEET # 13

## Preparation

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**You can be PREPARED for school, Taekwondo, and other activities by getting ready physically and mentally.**

\_\_\_\_\_ Help your Mom or Dad by preparing for school. Maybe you could get dressed without them asking or help them make lunch.

\_\_\_\_\_ Before you leave for school, make sure you are prepared for the day. Do you have your backpack and lunchbox? Do you have your homework?

\_\_\_\_\_ Be prepared for Taekwondo classes. Practice your form one time in front of your parents this week, so you can do your best in class.

\_\_\_\_\_ Complete your homework or any school projects BEFORE you play video games or watch TV this week.

\_\_\_\_\_ How can you help yourself get prepared for testing? List three different ways.

1.

2.

3.