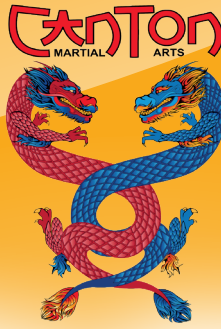


i ♥ MARTIAL ARTS



NINJA KIDS ACTIVITY BOOK

Four cartoon ninjas are scattered around the title. One is performing a high kick on the left, another is running on the right, one is holding a red nunchaku on the bottom left, and another is in a traditional bowing stance on the bottom right. They are all wearing black jumpsuits with red belts.

**FOCUSSED ACTIVITIES TO KEEP YOUR LITTLE NINJAS
LEARNING, CREATIVE AND HEALTHY AT HOME**

INSIDE:

- WORDSEARCH • SPOT THE DIFFERENCE
- CREATIVE COLOURING • SNAKE MAZE
- FIND THE NINJAS • COPY AND COLOUR
- SPOT THE DIFFERENCE • HOME NINJA
- JOIN THE DOTS

STAY FIT WITH OUR

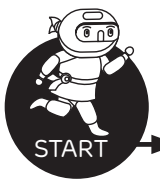
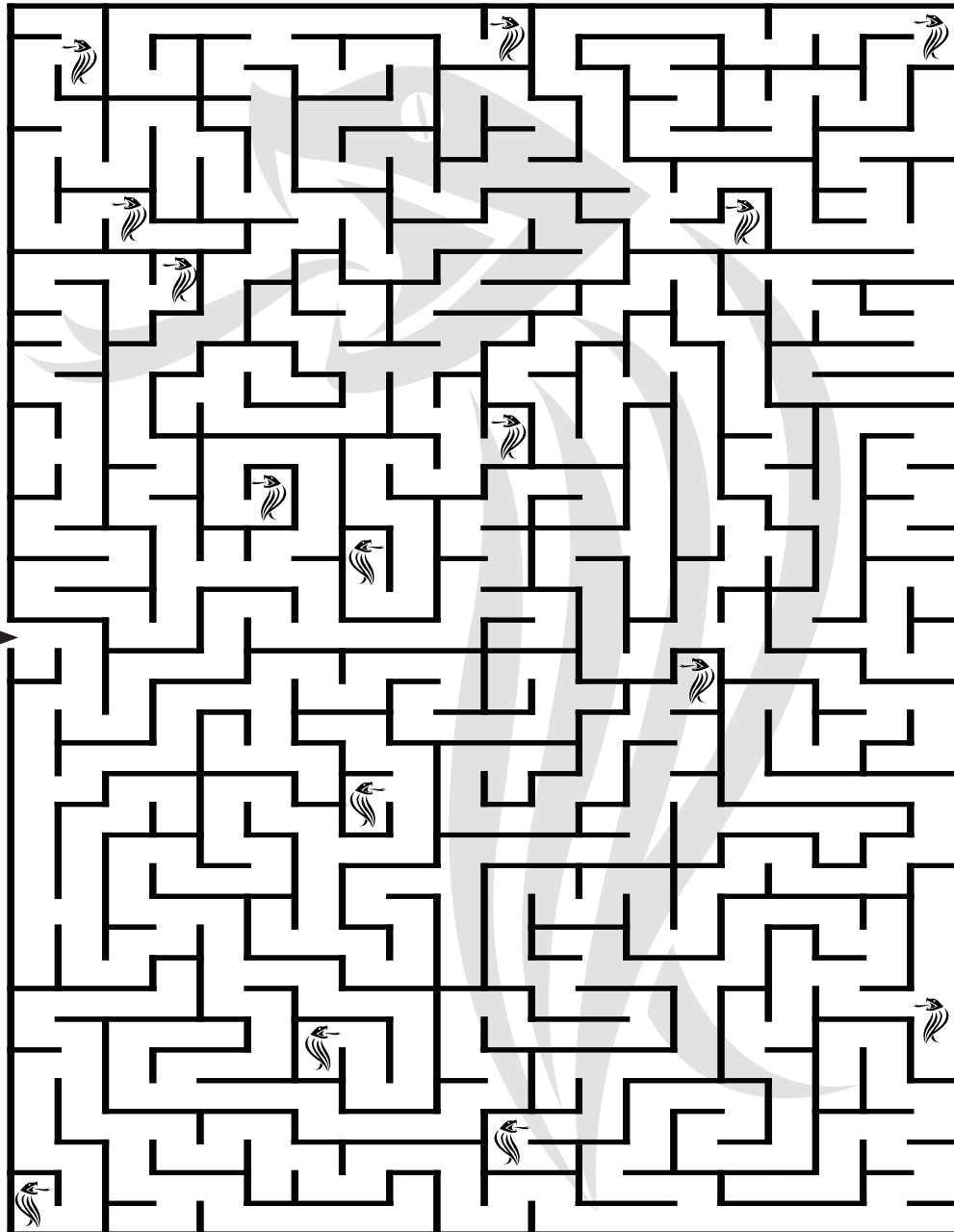
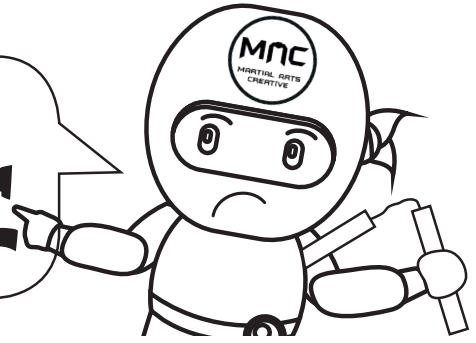
**4X4 NINJA
HOME WORKOUT
CHALLENGE**

SEE BACK PAGE





DARE YOU TAKE ON SNAKE MAZE



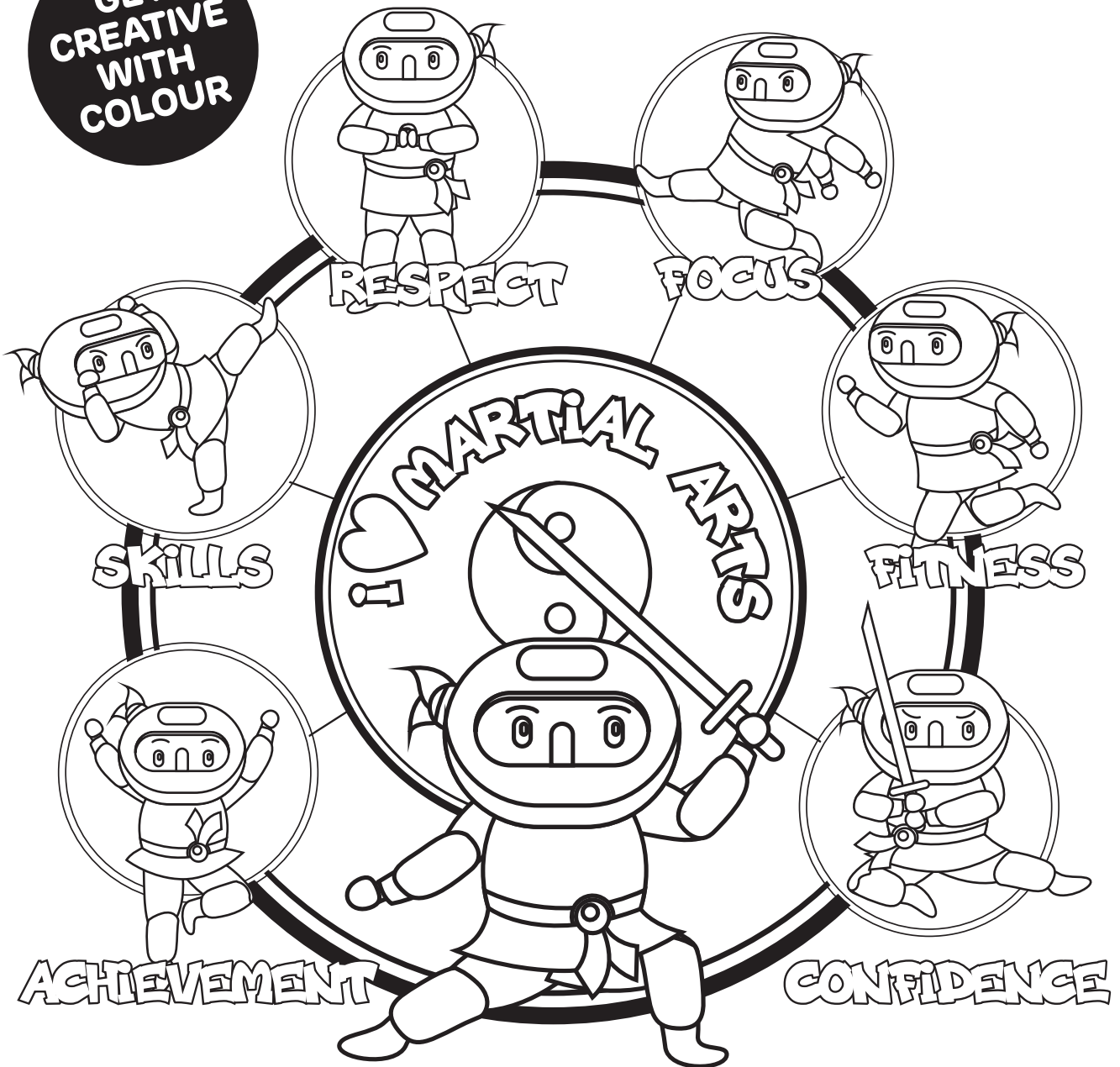
Watch out! There's only one way in and one way out.
Avoid the deadly snakes and the dead ends to reunite Ninja with
his snake-killing Nunchuks!



MARTIAL ARTS VALUES

COLOUR THE NINJAS

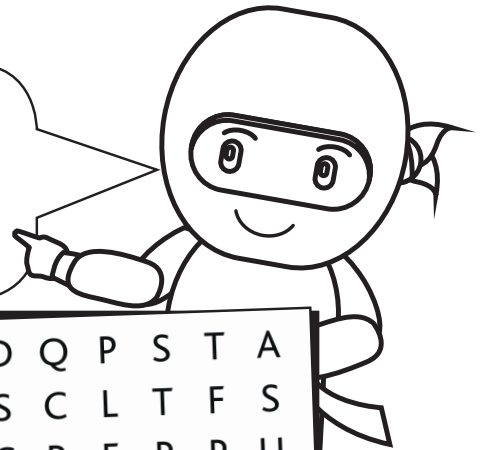
GET
CREATIVE
WITH
COLOUR



Colour in using your favourite colours.

WORDSEARCH

HOW LONG WILL IT TAKE YOU TO FIND ALL
24 MARTIAL ARTS WORDS?



You'll need to **FOCUS** – as some words are upside down, some are back to front and some are the right way up!

FRONT KICK
UPPERCUT
JAB
ROUNDHOUSE
CROSS PUNCH
SIDEKICK
HOOK PUNCH
GUARD

NUNCHUCKS
BURPEE
BOW
RESPECT
SPARRING
KICKBOXING
FOCUS
CONFIDENCE

TUCK JUMPS
KARATE
BLOCK
SQUATS
INSTRUCTOR
BACK FIST
SWEEP
TAKE DOWN

How long did it take to find all 24 Martial Arts words?



Write your time here →

Name: _____

GET
CREATIVE
WITH
COLOUR

NINJA DRAGON



ACHIEVEMENT

Colour in using
your favourite
colours.

FIND THE NINJAS

You'll need to show **COMMITMENT** find them all.

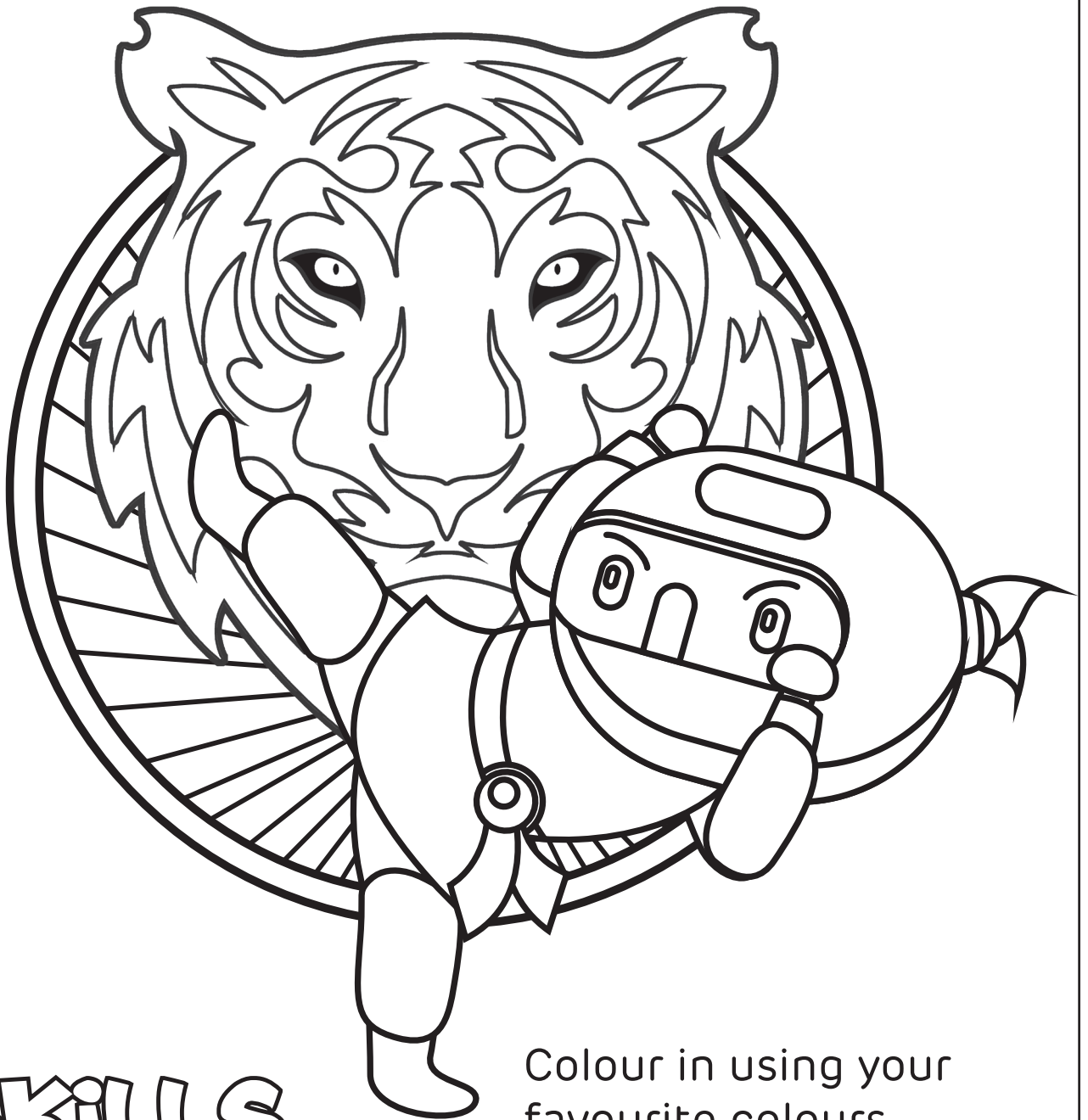


There are 10 Ninjas hidden in the picture.
How many NINJAS can you find?

When you're finished, write your answer here

GET
CREATIVE
WITH
COLOUR

NINJA TIGER

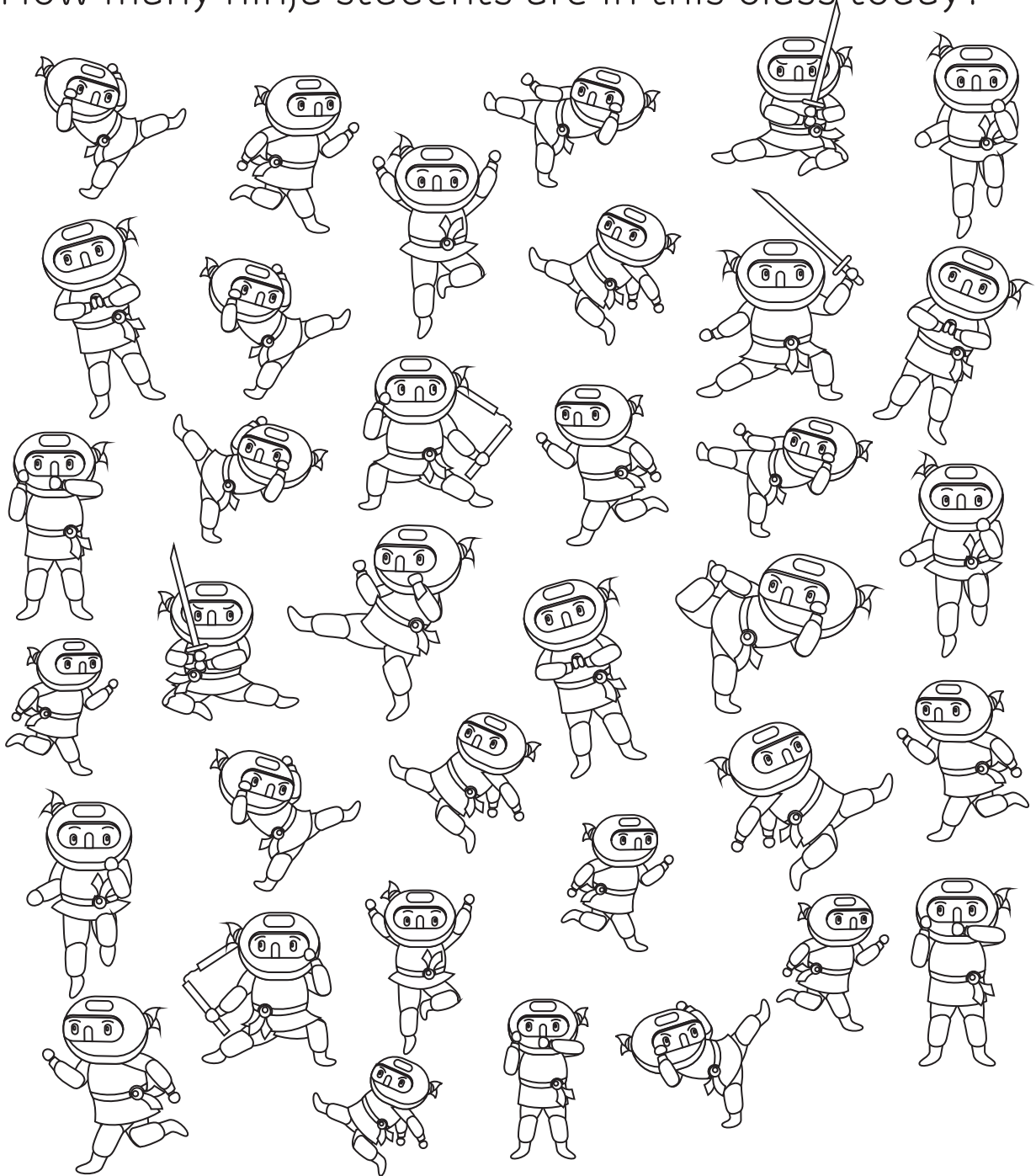


SKILLS

Colour in using your favourite colours.

HOW MANY?

How many ninja students are in this class today?



You will need to **FOCUS** for this activity. A Ninja needs to exercise their brain as well as their body.

How many Ninjas are in class?

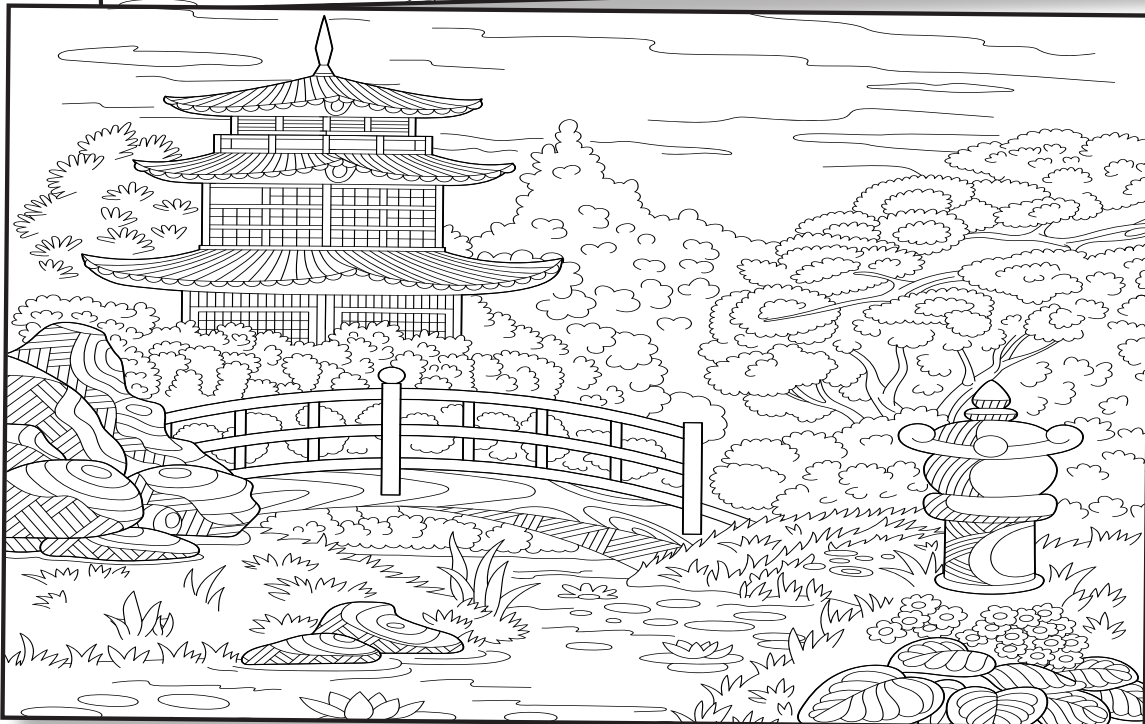
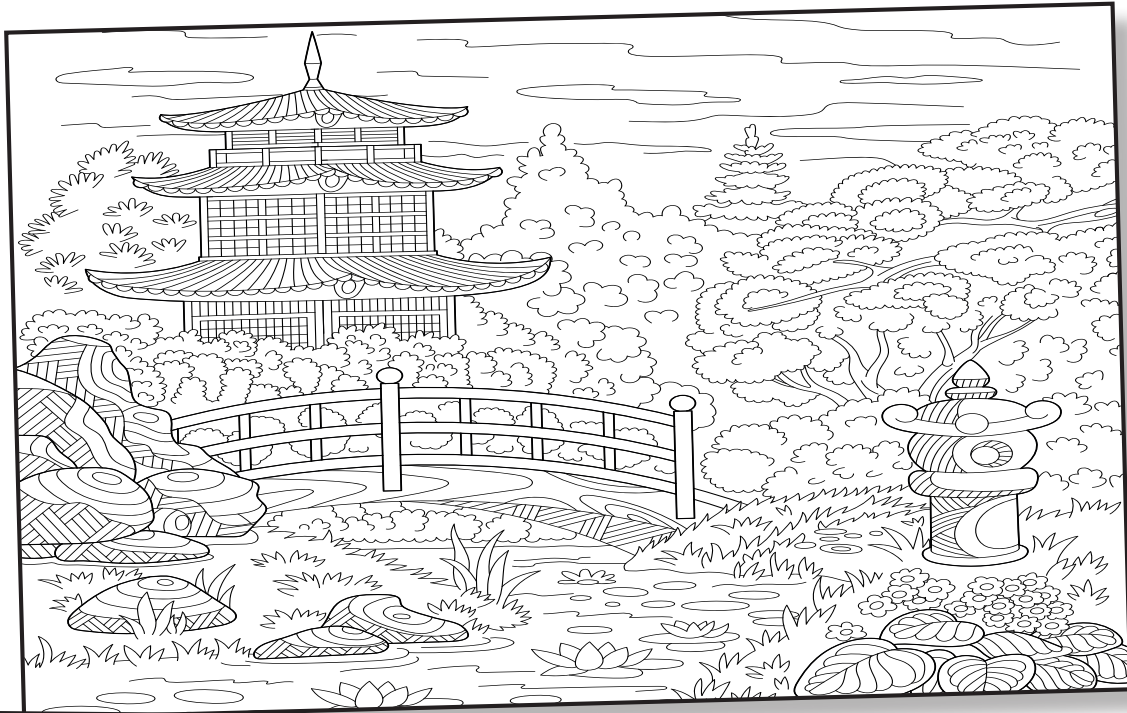
How many pairs would they make?

→

Write your answers in the boxes

SPOT THE DIFFERENCE

You'll need to show **OBSERVATION** skills to find them all.



There's 10 differences.
How many can you find?

When you're
finished, write
your answer here

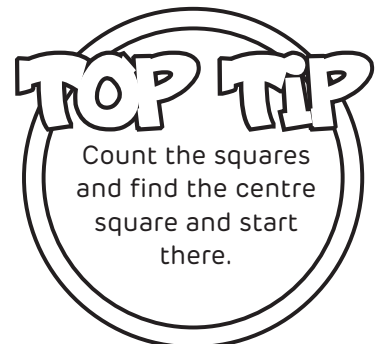
COPY AND COLOUR

KUNG FU CAT



You'll need to show **CONTROL**
to copy the kung Fu Cat.

Use the grid on the next
page to help you copy.

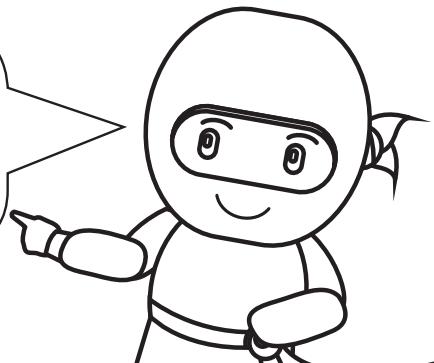


Get **CREATIVE!**

Once you have copied Kung Fu Cat, colour in using your favourite colours.

GREAT WORK

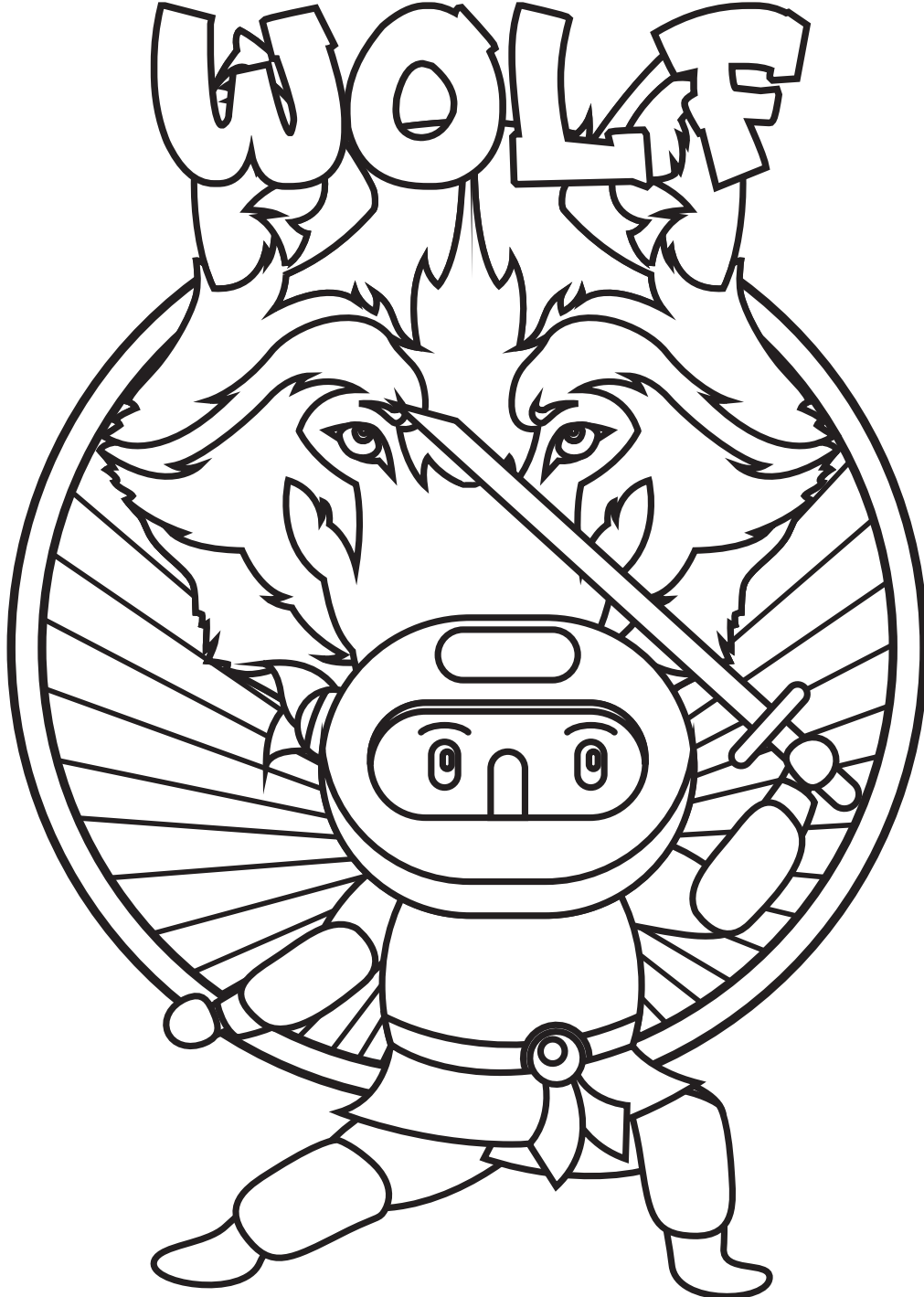
THIS IS A TWO PART ACTIVITY. KEEP GOING,
YOU ARE DOING REALLY WELL.



GET
CREATIVE
WITH
COLOUR

NINJA

WOLF



RESPECT

Colour in using
your favourite
colours.

GET
CREATIVE
WITH
COLOUR

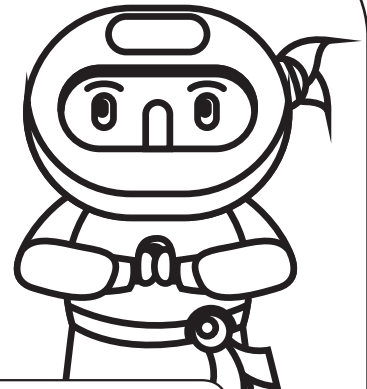
NINJA EAGLE



CONFIDENCE

Colour in using
your favourite
colours.

ARE YOU A 'HOME' NINJA?



These activities are about taking **RESPONSIBILITY**
Tick the star for each of these you do every day

<p>I put my dirty clothes in the laundry</p> <p style="text-align: center;">★</p>	<p>I Brushed my teeth morning & night</p> <p style="text-align: center;">★</p>	<p>I do my homework</p> <p style="text-align: center;">★</p>
<p>I practice martial arts at home</p> <p style="text-align: center;">★</p>	<p>I use good manners always</p> <p style="text-align: center;">★</p>	<p>I showed kindness and consideration to other people</p> <p style="text-align: center;">★</p>
<p>I spent some time outside</p> <p style="text-align: center;">★</p>	<p>I helped with dinner clean up</p> <p style="text-align: center;">★</p>	<p>I took a bath or shower</p> <p style="text-align: center;">★</p>

How did you do?

How many stars did you tick?

- ★ **One** - White belt beginner - Don't give up - ever!!
- ★★ **Two** - Red belt - Keep trying - you got this!
- ★★★ **Three** - Yellow belt - Getting better - you can do this.
- ★★★★ **Four** - Green belt - Almost half way - you're showing real potential!
- ★★★★★ **Five** - Orange belt - Now you're getting going!
- ★★★★★★ **Six** - Blue belt - Keep trying!
- ★★★★★★★ **Seven** - Purple belt - Amazing, you're a champ!
- ★★★★★★★★★ **Eight** - Brown belt - You're smashing it!
- ★★★★★★★★★★★ **Nine** - Black belt - Perfect! You're a **BLACK BELT HOME-STAR NINJA**

JOIN THE DOTS!

Can you join the **100 dots** to complete the Lion?



This activity is about **PERSEVERANCE**.
Keep going until all the dots are joined.

4x4 NINJA HOME WORKOUT CHALLENGE



Your challenge is to do these five exercises 4 TIMES A DAY FOR 4 WEEKS to stay fit and healthy.



1
30 seconds
RUNNING ON
THE SPOT



2
30 seconds
STAR JUMPS



3
10
PUSH UPS



4
10
SQUATS



5
10
SIT UPS

Tick the boxes below each day when you've completed your Ninja Home Workout and a huge tick at the end of the week.

Week 1

1	2	3	4	5	6	7	
---	---	---	---	---	---	---	--

Week 2

1	2	3	4	5	6	7	
---	---	---	---	---	---	---	--

Week 3

1	2	3	4	5	6	7	
---	---	---	---	---	---	---	--

Week 4

1	2	3	4	5	6	7	
---	---	---	---	---	---	---	--

STAY FIT • STAY HEALTHY • STAY FOCUSED

