

Student Activity Sheet: The Daruma Doll

(Learning to Set Goals, and Achieve Them)

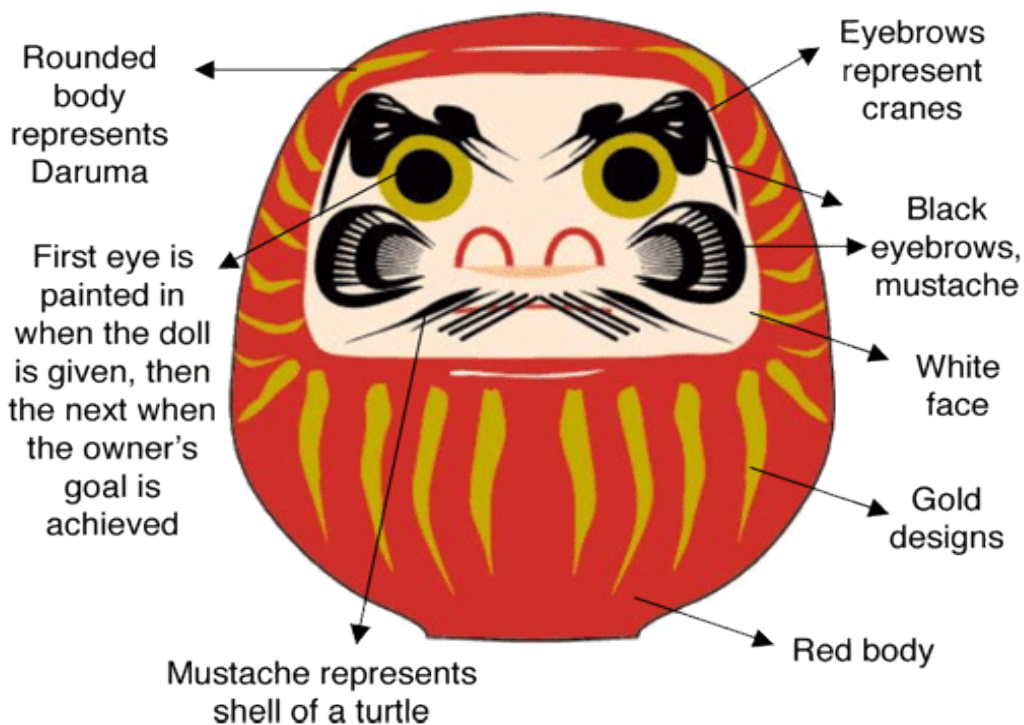
As part of a centuries old tradition, the Daruma Doll is a handmade Japanese wishing doll that helps keep us focused on achieving our goals! **Remember: Success comes from Setting & Achieving Goals!!**

The Daruma Doll represents an objective we are committed to making happen! By coloring in one eye, the Daruma Doll daily reminds us to stay on track of our goal[s]! When we finally reach our goal(s), we color in the second eye of the Daruma Doll. Goal Achieved!

The base of the small round doll is weighted so that as it is pushed over it will always return to an upright position.... *'Nana korobi yaoki'* (Fall down seven times, get up eight.). This reminds us to Never Give Up! By "falling down", or failing in our attempt at first, we need to get back up and try again. The key to success is perseverance & determination!

Historical Note: The Daruma Doll gets its name from an Indian Monk named Bodhidharma [Daruma], who was credited with introducing physical training to the monks at the famed Shaolin Monastery in China. This training later would be developed in to the martial art known as Shaolin Kung Fu.

The Daruma Doll



Activity Sheet Instructions (ask your parents for help!)

On the Reverse Side of this Page is a Student Activity Sheet: The Daruma Doll. Students are invited to **accept the challenge: Setting & Achieving a Goal**. Students will have approx. 6 weeks to work on their Goals, with the deadline to **return completed sheet(s), to the office, by Thurs, Feb.28, 2019**.

Students successfully achieving their goals, and turning in their completed sheets by the deadline will receive recognition, and extra class credit for their efforts – **Thank you, and Good Luck!**

Questions? Please speak with an instructor – thank you!

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Directions: First color in the body and decorations of the Daruma doll. Next, set a goal and color in the pupil of the doll's left eye. When you achieve your goal, color in the pupil of the other eye!



Daruma doll

The Daruma Doll reminds us to 'Never, Ever Give Up on Our Dreams!'
'Seven Times Down, Eight Times Up!'

Name: _____

Goal: _____

Date set: _____ Date achieved: _____

My Plan for Achieving My Goal: _____

Please return completed sheets to the office by Thursday, Feb. 28, 2019 – thank you!