



THE YOUNG NINJA'S CODE OF HONOR



I am a Young Ninja, strong and true Here's what I promise to always do:

BREATHE - I use my breathing superpower to stay calm and focused
When I feel upset or scared, I take three deep belly breaths

RESPECT - I honor myself, my family, and my community I speak kindly and treat others the way I want to be treated

PRACTICE - I train my mind and body every single day I study hard, practice stillness, and never give up

TRUST - I believe in my inner wisdom and strength I listen to my heart and trust that I can overcome challenges

SERVE - I use my powers to help others and make my world better I am a leader who lifts my community

VISUALIZE - I see my dreams clearly and work to make them real I imagine my success and take steps toward my goals every day

I am a Young Ninja I am powerful, peaceful, and proud I carry honor wherever I go

Daily Ninja Reminder

"When I breathe deep and stand tall, I can handle anything at all!"



The Ninja Code of Honor Pledge
www.mommyteachesyoungninja.com

