

Habit 1: Be Proactive

Dear Parents and Guardians,

We are learning about Habit 1: Be Proactive.

To be proactive means to take responsibility for your choices and behaviors. Habit 1: Be Proactive, is the key to all of the other habits; that is why it comes first. Be Proactive says, “I am the leader of my own life. I am the leader whether I am happy or sad. I am the leader of how I react to other people or situations.”

Talk to your children about how they are the leader or taking care of themselves, taking care of their things, reacting/not reacting to other people’s comments, and planning ahead.

Books that reinforce Habit 1:

- [The Carrot Seed](#)
- [The Little Engine That Could](#)
- [Inch by Inch](#)
- [When Sophie Gets Angry](#)
- [Swimmy](#)

Expect your child to use words and phrases like choices, responsibility, proactive, and “stop and think” in their conversations this month. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about Be Proactive.

Check out www.TheLeaderInMe.org. Here you will find activities for your child in “The Student Schoolyard.” In “The Parents’ Place,” you will find fun ways to involve the entire family in Habit 1!

Habit 2: Begin with the End in Mind

Dear Parents and Guardians,

We are learning about Habit 2: Begin with the End in Mind

Begin with the End in Mind means to think about how you would like something to turn out – before getting started. Reading a recipe before cooking or looking at a map before leaving on a trip is beginning with the end in mind.

For children, thinking about what they want a picture or a project to look like before starting or looking at the cover of a jigsaw puzzle before putting it together is beginning with the end in mind.

Books that reinforce Habit 2:

- [Fish is Fish](#)
- [The Very Busy Spider](#)
- [Lilly's Purple Plastic Purse](#)
- [The School Story](#)
- [Galimoto](#)

Expect your child to use words like begin with the end in mind, goals, choices, and “sticking with it” in their conversations this month. You can encourage your child by using some of these words at home. You may have an opportunity to share your feelings with your child about Begin with the End in Mind.

Check out www.TheLeaderInMe.org. Here you will find activities for your child in “The Student Schoolyard.” In “The Parents’ Place,” you will find fun ways to involve the entire family in Habit 2!

Habit 3: Put First Things First

Dear Parents and Guardians,

We are learning about Habit 3: Put First Things First.

Put First Things First means to decide what is most important and to take care of that first. Thinking about what needs to be done tomorrow or by the end of the week can be overwhelming, especially for children. Through practice, children can learn to think of which things are the most important and take care of them first. This allows children (and adults) to be less stressed. For example, if children can tell you they need a piece of poster board on Thursday or cupcakes on Monday, everyone is able to better prepare. Put First Things First becomes an important skill as your child advances grade levels.

Books that reinforce Habit 3:

- Froggy Gets Dressed
- Click, Clack, Moo
- Little Red Hen
- Amazing Grace

Expect your child to use words and phrases like prioritize, most important, responsibility, put first things first, sequencing, and planning. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about Put First Things First.

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Habit 4: Put First Things First

Dear Parents and Guardians,

We are learning about Habit 4: Think Win-Win.

Think Win-Win is the belief that everyone can win. It is not you or me, it is both of us. It is a belief that there are enough good things for everyone. It is being able to be happy when good things happen to other people.

To be able to Think Win-Win, it is important to be strong in Habits 1, 2, and 3.

Habit 1: Be Proactive

Habit 2: Begin with the End in Mind

Habit 3: Put First Things First

} The first three habits give us the
strong foundation to be leaders of
our choices and ourselves.

Habit 4: Think Win-Win is the first of the seven habits that addresses relationships. It teaches us how to better interact with others.

Books that reinforce Habit 4:

- [Tops and Bottoms](#)
- [Rainbow Fish](#)
- [Chrysanthemum](#)
- [Oliver Button is a Sissy](#)
- [The Doorbell Rang](#)

Expect your child to use words and phrases like think win-win, sharing, abundance, and being happy for others. You can encourage your child by using some of these words at home. You may have an opportunity to share your feelings with your child about Think Win-Win.

Check out www.TheLeaderInMe.org. Here you will find activities for your child in “The Student Schoolyard.” In “The Parents’ Place,” you will find fun ways to involve the entire family in Habit 4!

Habit 5: Seek First to Understand, Then to Be Understood

Dear Parents and Guardians,

We are learning about Habit 5: Seek First to Understand, Then to be Understood.

Seek First to Understand, Then to be Understood means that it is better to listen first and to talk second. This habit is best approached by introducing listening as a skill, something that should be practiced. Simply put, we have two ears and one mouth and should use the accordingly.

Books that reinforce Habit 5:

- The True Story of the Three Little Pigs
- How Leo Learned to be King
- Brand New Kid
- A Chair for My Mother
- Marrying Malcolm Murgatroyd

Expect your child to use words and phrases like listening first, listening with your ears, eyes, and heart, and seeking first to understand in their conversations this month. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about Seek First to Understand, Then to be Understood.

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Habit 6: Synergize

Dear Parents and Guardians,

We are learning about Habit 6: Synergize.

Habit 6, Synergize, is achieved when two or more people work together to create a better solution than they would have thought of alone. It's not your way or my way, but a better way.

Think of $1 + 1 = 3$ (or more).

How is that possible? Well, 1 person + another person = 2 ideas + many, many more that neither of them would have thought of alone.

It is taking good ideas and making them better by working together, looking for a third alternative. Synergy is a great tool for families.

Books that reinforce Habit 6:

- [Now One Foot, Now the Other](#)
- [The Mixed Up Chameleon](#)
- [The Great Kapok Tree](#)
- [Franklin the Hero](#)
- [100th Day Worries](#)

Expect your child to use words and phrases like synergy, working together, $1 + 1 = 3$ (or more), better together, and "better idea than we can come up with alone" in their conversations this month. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about Synergy.

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Habit 7: Sharpen the Saw

Dear Parents and Guardians,

We are learning about Habit 7: Sharpen the Saw.

The story is that a man was sawing down a tree and not making much progress. When asked why he didn't stop sawing to sharpen his saw, he answered that he was too busy sawing.

Habit 7 reminds us that we are more productive when we are in balance; body, brain, heart, and soul. If one area is being ignored or overused, the rest will feel the results. A good analogy for children is a car needing all four tires; as leaders of themselves, they need to take care of all four parts of them.

Books that reinforce Habit 7:

- [The Art Lesson](#)
- [Chicken Sunday](#)
- [Miss Rumphius](#)
- [Owl Moon](#)
- [The Snowy Day](#)

Expect your child to use words and phrases like Sharpen the Saw, 4 parts of myself; body, mind, heart, and soul, "it's like 4 tires of a car," taking care of myself, and balance. You can encourage your child by using some of these words at home. You may have an opportunity to share your feelings with your child about Sharpen the Saw.

Check out www.TheLeaderInMe.org. Here you will find activities for your child in "The Student Schoolyard." In "The Parents' Place," you will find fun ways to involve the entire family in Habit 7!