

HES HABITS AT HOME

The Leader in Me helps our students excel in leadership, culture, and academics. We have worked hard this year to grow in each of these areas and want to offer this opportunity to continue working with these habits at home. These activities are completely optional, but we hope they can provide your family with opportunities to have fun while working through these important habits. We hope you will engage in the activities and participate in our weekly challenges!

April 27 - May 1 - Habit #2: Begin with the End in Mind

- Brainstorm Goal Worksheet
- Set Goal Worksheet with Action Steps
- Family Mission Statement – Family Activity
- Coloring Sheet

May 4 - May 8 - Habit #3: Put First Things First

- Habit #3 – Put First Things First “Work First, Then Play” – Parents, read over this sheet with your child to reiterate what putting first things first means.
- I Can Start with a Clear Plan
- Work First, Then Play – Family activity

May 11 - May 15 - Habit #4: Think Win-Win

- Habit 4 Word Search – Find the list of words in the puzzle. Use 3 of them in sentences to explain what it has to do with thinking win-win.
- Think Win-Win Journal Entry
- Coloring Sheet
- Everyone Can Win – Family Activity
- Rainbow Fish*– Watch and Listen to the book, *Rainbow Fish*, being read.

<https://www.storylineonline.net/books/the-rainbow-fish>

The *Rainbow Fish* believes he is the most beautiful fish in the ocean so he won't play with the other fish. Once he has no friends, he seeks out advice and is told to give away some of his beautiful scales. While he initially refuses, he decides to be a leader and Think Win-Win. He gives away just one scale, but when he realizes how good it makes everyone (including himself) feel he shares even more scales and has never been happier.

-Game Time– Play a game with your child that has a definite winner. Explain how competition is okay when you play a game, but it is not okay in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win. This means we think of solutions that we can all feel good about when there is a problem. The more we Think Win-Win the fewer problems there will be. You may want to display a chart listing the days of the week. When someone is “caught” thinking win-win, he or she gets to write his or her name on the chart for that day.

ADDITIONAL IDEAS FOR LEARNING MORE ABOUT THE HABITS:

*** Go to www.leaderinme.org**

- * Click on COVID-19 Response Center

- * Click For Families

- * Here you will find 7 Habits cartoons, bite-sized lessons, an activity blog, and LiM talks. Explore this site and see the awesome resources offered for free! No login is required.



Let me think. What do I want to happen by the end of May?
What could my goal be? Maybe....

1. _____

2. _____

3. _____

4. _____

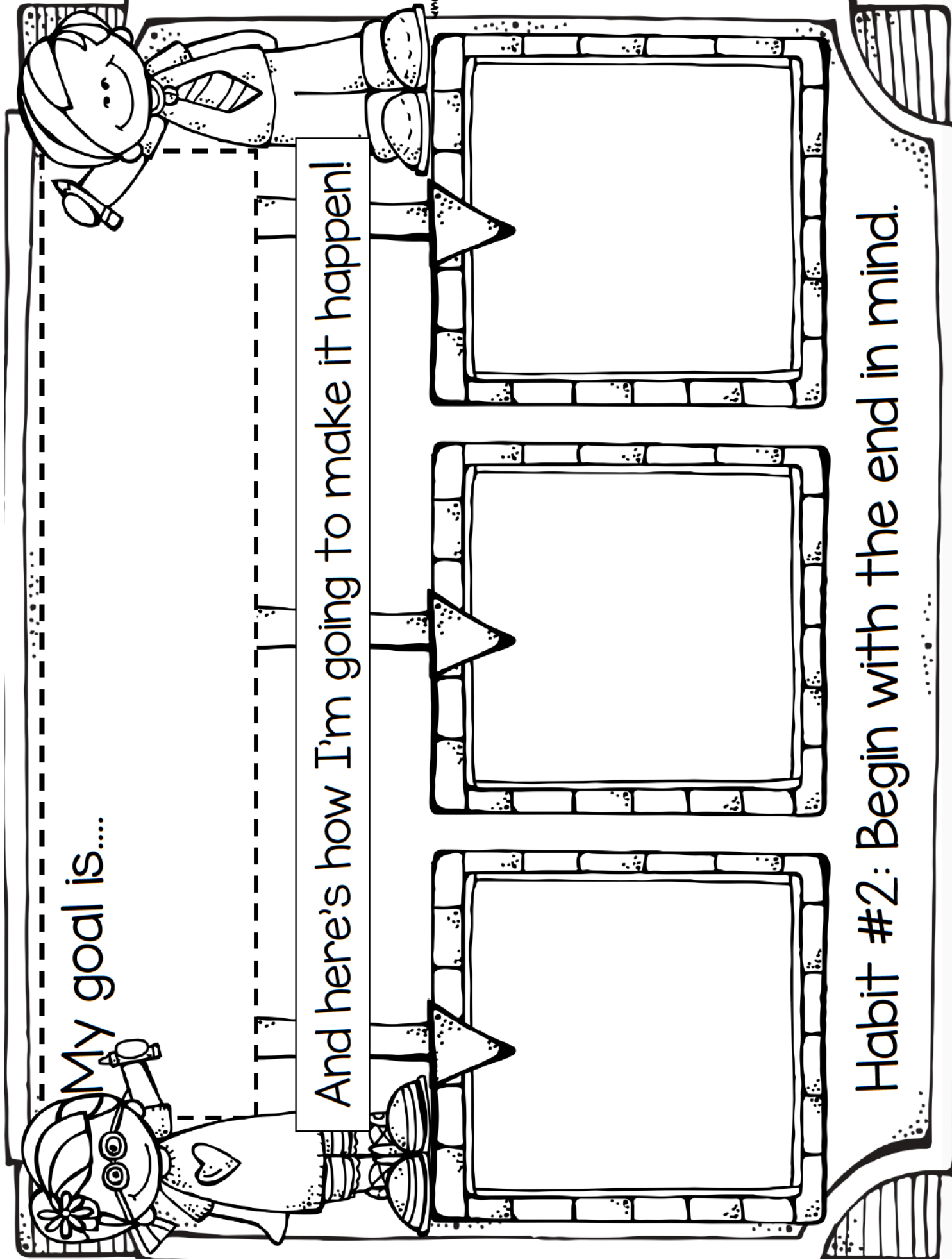
5. _____

Habit #2: Begin with
the end in mind.

My goal is....

And here's how I'm going to make it happen!

Habit #2: Begin with the end in mind.



Habit 2: Begin With the End in Mind

Have a Plan!

A family mission statement is like a constitution your family lives by. It represents the purpose and values of your family. Mission statements come in many forms. Some are long, some are short. They can take form as a phrase, saying, a picture, a poem, or even a song. Make it personal to your family.

“Would you tell me, please, which way I ought to go from here?”

‘That depends a good deal on where you want to get to.’

‘I don’t much care where –’

‘Then it doesn’t matter which way you go.’”

—Lewis Carroll, *Alice in Wonderland*

STEPS

1. I plan ahead and set goals for myself.
2. I am prepared at all times.
3. I think about how the choices I make will affect my future.
4. I think about the positive and negative consequences before I act.

COMMON LANGUAGE

Have a plan
Mission statement
Goal

“As a family we cut pictures and words out of magazines to represent things that are important to each of us. This helps us better understand each other. It also was a great exercise to help in creating our family mission statement.”

—Kalli Sampson, parent

Family Activity: Use the questions below to write a family mission statement. Then post it somewhere that every family member can see it and read it daily.

What does our family want to be known for?

How do we treat each other?

Habit 2: Begin With the End in Mind

What unique contributions can we make to society?

What big goals do we want to achieve?

What qualities do we have as a family or want to work towards having?

What are 5 things we like to do?

List 3 words that describe our family?

Habit 2: Begin With the End in Mind

WHAT DO I WANT MY FAMILY TO STAND FOR?

Free Write: Set a timer for for 3 minutes. Each family member writes about the subject during the time allotted.

Remember to celebrate your family's successes and victories practicing Habit 2!

BEGIN

2

END WITH THE END

in

Habit #3 - Put First Things First

"Work First, Then Play"

I spend my time on things that are most important.

This means, I say "No" to things I know are not important.

I am organized and disciplined.

Putting **First Things First** means getting organized, deciding what is most important and then doing those things first.

This is a hard habit to keep because it often feels good to do the urgent or easiest thing first. However, when we put off doing the most important things it feels worse not being prepared.

1. **Get Organized:** have a "place" for important things like homework, shoes, backpacks, etc. Create a "school project" supply box to use throughout the year (markers, crayons, glue, etc.)
2. **Make a list:** Write down everything you have to do and want to do.
3. **Prioritize Your List:** While urgent things must be done, ensure time for your "Important/Not urgent" things (see examples in the box below).

	Urgent	Not Urgent
Important	<ul style="list-style-type: none"> • Homework due tomorrow • Crises or pressing problems • Tests 	<ul style="list-style-type: none"> • Homework due in a few days • Relationship (family/friends) • Exercising, creative play, reading • Helping, chores, service work • Talents: sports, music, art, etc.
Not Important	<ul style="list-style-type: none"> • Unimportant phone calls or emails • Other people's minor problems 	<ul style="list-style-type: none"> • Excessive...TV, video games, texting, internet surfing • Complaining , excuse making

Suggestions:

- Use a planner or weekly checklist for "First Things First."
- Do the hardest parts first.
- Highly effective people spend most of their time on the "Important/Not Urgent" activities (shaded box).

Name: _____

Date: _____

I can...

*start with a
clear plan*

I am really good at

To become a better **reader**, my goal is to

To become a better **writer**, my goal is to

To become a better **mathematician**, my goal is to

To become a better **friend**, my goal is to

I will check in with my goals on these dates:

I am in control
of myself!

Habit 3: Put First Things First®

Work First, Then Play

Big Rocks are the most important things for you to do, such as spending time with your family, planning family meals, and getting an education. **Little rocks** are the less important things for you to do, such as watching TV for long periods of time, playing video games, or aimlessly searching the Internet/social media.

*“Things which matter most must never be at the mercy of things which matter least.”
—Johann Wolfgang von Goethe*

STEPS

1. I spend my time on things that are most important.
2. I say no to things I know I should not do.
3. I set priorities, make a schedule, and follow my plan.
4. I am disciplined and organized.

COMMON LANGUAGE

Big Rocks
Traditions
First things first

HOW DO WE PUT FAMILY TIME FIRST?

- Develop a family mission statement.
- Schedule **one-on-one** bonding time.
- Have regular family meals.
- Plan regular family times.
- Build family traditions.

HOW CAN I HELP MY CHILD WITH THEIR BIG ROCKS?

Ask them what they feel are their most important jobs or responsibilities. Suggest they do the hardest part of their homework or chores first. Describe the word ‘procrastinate’ to your child. What is something they have been procrastinating?

RESOURCES

- Video: Search YouTube for *First Things First, Habit 3, Big Rocks*.
- *Froggy Gets Dressed* by Jonathan London
- *The Little Red Hen* by Paul Galdone
- *The Very Hungry Caterpillar* by Eric Carle

Habit 3: Put First Things First®

PLAN WEEKLY FAMILY TIMES

Family Activity: Keeping the family close with so many distractions can be tricky. Designating a specific time each week for family time will keep everyone on the same page.*

- Read a book together.
- Learn a new skill.
- Play a board game.
- Make a meal together.
- Visit a local attraction.
- Learn about and practice a habit.
- Discuss family matters (school, activities, etc.).
- Plan an important upcoming family tradition.
- Plan your week.
- Share talents.
- Eat together.
- Do a service project.
- Solve problems together.

What day and time of the week are you going to meet as a family?

*Put a reminder in your phone calendars and in a place in the home that can be seen by all.

Why is this a Big Rock for your family?

List three of your family's traditions:

- 1.
- 2.
- 3.

What is a tradition you would like to start?

Habit 3: Put First Things First®

Family Activity: Plan one-on-one time!

Family Member	Activity	Date/Time

Remember to celebrate your family's successes and victories practicing Habit 3!

Name: _____

Habit 4-Think Win-win

Y Z I O P K L A U C W K H X E D W R L H A J Y V
A D W R F O Q Y P V J W F D Z Z U S W D H Y K V
G T Z P M J H G U J F Q W Y S X F D B C P X W I
Q M H W H P J O P J E W J C J Q M W G E C N E P
F C O M P E T I T I O N R X T F H D A G D C F N
B E L G U M Z U E D I R P W Y F R Z B U G V L F
V G I Y B H D G B O H L R S I C W I R O A M X I
R I O D J K G U M T C K U K R E E B F W P A O M
R U Q I Q R Z Q J S G L A O I S W M M R X J J H
O G A L D I W M M U C G X A O L U N Z H J W S R
W B Q Z V Q A R M D G G G L C L K Q R N Q D P K
J P R U Y Y I S V O U N L I I R K H D G D Y O B
B H N B L G E E T E O M D L B X N L W J M R S Z
D C Z F H F R P E R Y N P N Y E F Q A V J U I L
H Q M T H Y A D W C A R T Z L X J K U X Q Q T L
O W U E I C P D R Z K H R J L G U Q H U D V I R
J D M W J I M S V E W G Z A L B N J R M Y S V M
Z J J Z Q M O A V C K T W R K H S J Q M N Y E A
M L W J W E C I W M O A X I N F U O R E S K E S
U G N Y P M T A C K D W H W N R C O L S E D U R
M L S I T A J G X M Y S Q Z P S C L Z C U J Z Q
A Y Q A G V X O Y O Y U R E H S E F A G N Q R Q
Z M F E X G W V S U N E G S C Q S B E S L U R V
Y W N B B F T K Q C H Z T J Y Y S U J W A H W X

compare competition right wrong success pride negative positive lose win

Choose 3 of the words listed above. Use one in each sentence below and explain what it has to do with thinking win-win.

1. _____

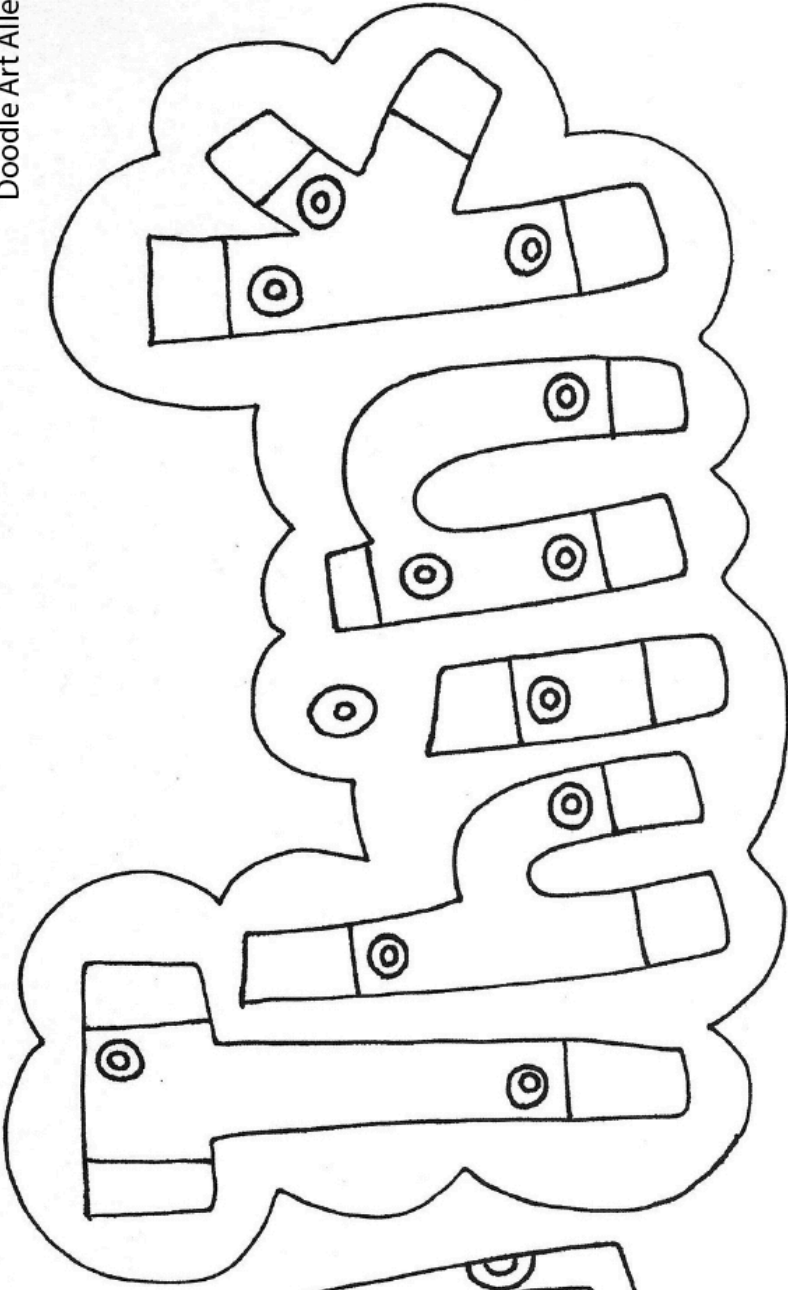
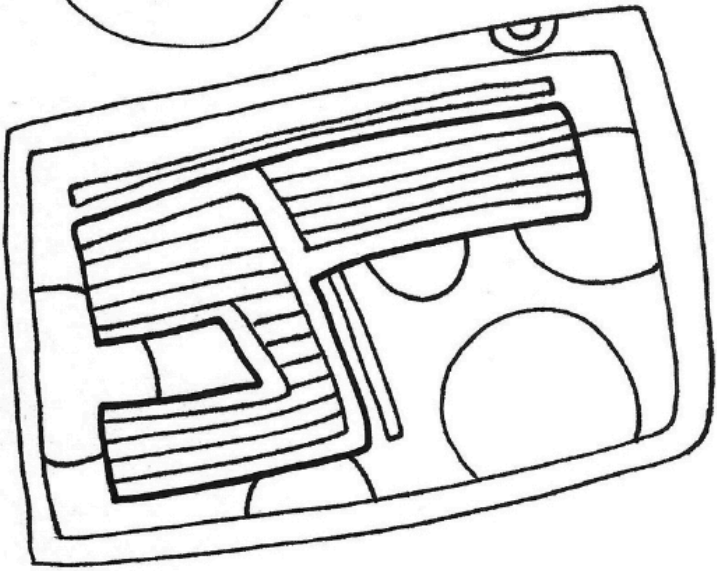
2. _____

3. _____

Think Win-Win Journal Entry



Is this picture a good one for Habit #4, Think Win-Win? Why or Why not? If so, defend your answer. If not, design a better one and explain your thinking.



Habit 4: Think Win-Win®

Everyone Can Win

Thinking win-win is the key to working well with others. It is the most effective way of thinking, especially in a family. Families that learn and practice win-win thinking are happier, experience less conflict, and are better able to meet the family challenges that arise.

STEPS

1. I balance courage for getting what I want with consideration for what others want.
2. I make deposits in others' Emotional Bank Accounts.
3. When conflicts arise, I look for 3rd Alternatives.
4. I cooperate instead of compete.

COMMON LANGUAGE

Cooperate
Mutual
Win-win

"Think Win-Win is a frame of mind and heart that seeks mutual benefit and mutual respect. It's not thinking selfishly (win-lose) or like a victim (lose-win). It's thinking in terms of 'we, not me.'"

—Stephen R. Covey

RESOURCES

- *The Rainbow Fish* by Marcus Pfister
- *The Doorbell Rang* by Pat Hutchins
- *Let's Be Enemies* by Janice May Udry
- *The Giver* by Lois Lowry
- *Number the Stars* by Lois Lowry
- *Hatchet* by Gary Paulsen
- *The Mixed-Up Chameleon* by Eric Carle

Habit 4: Think Win-Win®

Family Activity: As a family, take turns acting out each of the ways of thinking in the boxes below. Have one person pretend to be sitting on the couch watching TV and the other person enters the room interested in watching TV. After role-playing each scenario, discuss what feelings that particular way of thinking generates and write them down.

Win-Lose	Lose-Win
I get the remote and you get nothing. We don't have enough for the both of us. Feelings:	You get the remote and I get nothing. If you win, I am a loser. Feelings:
Lose-Lose	Win-Win
We argue and I throw the remote against the wall. If I'm going down, you're going down with me. Feelings:	You and I decide to turn off the TV and play cards. It's not about you or me; it's about both of us. Feelings:

What kinds of feelings do you want to have in your family?

Remember to celebrate your family's win-win moments!