

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 6-10 - Habit #7: Sharpen the Saw

1. **Read and Discuss Habit #7** – Read Sharpen the Saw “Balance Feels Better” and discuss the challenging words with an adult. Talk about what they mean. Create a Sharpen the Saw Plan. Write in words to describe how you will take care of your mind, body, and spirit this week. Check our Facebook page for an example!
2. **Commit to Sharpening the Saw** – Complete this activity.
3. **Is My Family Sharpening the Saw?** – Complete this activity.
4. **Sharpen Your Saw Challenge:** Make a video of you sharpening your saw and have your parent share it on social media using #HESHabitsAtHomeChallenge

April 13-17 - Habit #8: Find Your Voice

1. **The 8th Habit: Find Your Voice** – Complete this handout.
2. **Star Leader** – Complete this handout.
3. **I've Got Talent, About How 'Bout You?** – In the book *Grace for President*, Grace's class was running a campaign for school president. Grace wanted to be president, but her classmates discouraged her not to run because she was a girl. No girl had ever been president before. Grace felt very strongly about becoming school president, so she ran for that position. She used posters and speeches to share how she would make a difference if she were chosen. What are you really good at doing? How can you find your voice and share your talent with others? How would your talent inspire others or help others? Take these ideas and make a campaign poster sharing your talents. You may use words and pictures. If you would like to hear the book *Grace for President* online, visit this link: <https://www.youtube.com/watch?v=2BLCJX-Ky3g>
4. **Talent Show** – Use this time to showcase your talents and host a talent show for the people living in your home!
5. **Find Your Voice Challenge:** Make a video of you showcasing your voice or a special talent! Have your parents share it on social media using #HESHabitsAtHomeChallenge

The
Leader in Me®

great happens here

April 20-24 - Habit #1: Be Proactive

1. **Proactive/Reactive Activity** – Write or discuss the meaning of the words below.

Tell which words describe a proactive/reactive person and why.

Love Hate Patient Impatient Kind Mean Honest Dishonest

2. **Complete the attached activity sheets.**

Proactive Students

I'm in Charge of Me: Writing prompt

Proactive vs. Reactive Sort

3. **Make a Pact:** Make a pact with your child to together stop an unhealthy habit. Identify the habit you want to stop (overeating, watching too much TV, not exercising, etc.) and choose a start date and do it for 21 days. Explain to your child that research shows it takes a full 21 days to start a new habit or stop an old one.
4. **Be Proactive Challenge:** Make a video of you being proactive. Have your parents share it on social media using #HESHabitsAtHomeChallenge

ADDITIONAL IDEAS FOR LEARNING MORE ABOUT THE HABITS:

* Go to www.leaderinme.org

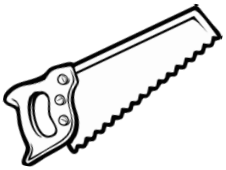
* Click on COVID-19 Response Center

* 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.

* **Bingo Board**- Complete the bingo squares for the habit of the week with your family. When you complete them, feel free to share with us on social media using #HESHabitsAtHomeChallenge

***Word Search** – Find the hidden leadership words in this puzzle. *Bonus- Write 5 sentences using these words.



Habit #7 - Sharpen the Saw

“Balance Feels Better”

There once was a man who 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 is a car needing all four tires; as leaders of ourselves, we need to take care of all four parts of us.

As you renew yourself in the four areas, you create growth and change in your life. You increase your capacity to handle the challenges around you.

Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish.

Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. You can renew yourself through relaxation, or you can totally burn yourself out by overdoing everything. You can revitalize yourself and face a new day in peace and harmony, or you can wake up in the morning full of apathy because your get-up-and-go has gotten-up-and-gone.

Just remember that every day provides a new opportunity for renewal – a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill.

<p>MIND/Mental Learning, reading, writing, and teaching *read *puzzles or crosswords *learn *ask questions *video games</p>	<p>HEART/Social Emotional Making social & meaningful connections with others *play with animals *spend time with friends *spend time with family *do random acts of kindness *write someone a nice letter</p>
<p>BODY/Physical Beneficial eating, exercising, and resting *eat healthy *play outside *sports *take vitamins *drink water *ride your bike *wash your hands</p>	<p>SOUL/Spiritual Spending time in nature, meditation, music, art, prayer, or service *hike *listen to music *observe nature *watch the sky *religious services</p>

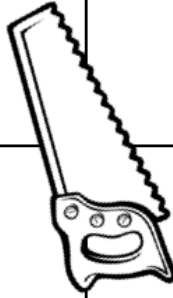
_____ 's Sharpen the Saw Plan!

Mind

Heart

Body

Soul



COMMIT TO SHARPENING THE SAW

BODY

WHAT IS ONE THING YOU SHOULD DO FOR YOUR BODY THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



HEART

WHAT IS ONE THING YOU SHOULD DO FOR YOUR HEART THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



MIND

WHAT IS ONE THING YOU SHOULD DO FOR YOUR MIND THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



SOUL

WHAT IS ONE THING YOU SHOULD DO FOR YOUR SOUL THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



COMMIT TO SHARPENING THE SAW

BODY

WHAT IS ONE THING YOU SHOULD STOP DOING FOR YOUR BODY THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



HEART

WHAT IS ONE THING YOU SHOULD STOP DOING FOR YOUR HEART THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



MIND

WHAT IS ONE THING YOU SHOULD STOP DOING FOR YOUR MIND THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



SOUL

WHAT IS ONE THING YOU SHOULD STOP DOING FOR YOUR SOUL THAT YOU ARE NOT DOING? LISTEN TO YOUR CONSCIENCE. NOW WRITE THE FIRST THING THAT COMES TO MIND.



IS MY FAMILY SHARPENING THE SAW?

THINK ABOUT YOUR FAMILY'S HABITS AS YOU COMPLETE THIS QUESTIONNAIRE. READ EACH ACTION BELOW. CIRCLE THE "R" IF YOU RARELY DO IT. CIRCLE THE "S" IF YOU SOMETIMES DO IT. CIRCLE THE "F" IF YOU FREQUENTLY DO IT.

PHYSICAL - BODY			
1. We eat food that's good for us.	R	S	F
2. We stay away from junk food.	R	S	F
3. We get enough sleep.	R	S	F
4. We exercise regularly.	R	S	F
MENTAL - MIND			
1. We read books, magazines, or the newspaper.	R	S	F
2. We play or listen to music.	R	S	F
3. We develop our hobbies and learn about our interests.	R	S	F
4. We watch good movies that help us feel good and watch educational TV programs.	R	S	F
EMOTIONAL - HEART			
1. We laugh out loud together at least once a day.	R	S	F
2. We use our talents and skills.	R	S	F
3. We make new friends in our neighborhood or at work.	R	S	F
4. We tell people what they mean to us.	R	S	F
5. We often write or call the people we love.	R	S	F
SPIRITUAL - SOUL			
1. We create, review, and refine our family mission statement.	R	S	F
2. We share music, literature, media, and other things together.	R	S	F
3. We serve our family and community giving time, our talent, and self.	R	S	F
4. We appreciate and enjoy the world of nature.	R	S	F

WHAT HAPPENS IF MY FAMILY DOESN'T SHARPEN THE SAW IN ALL FOUR AREAS?

The 8th Habit:

Find Your Voice
and Inspire Others
to Find Theirs

Find Your Voice

Leaders use their talents and passion to make a difference in the world.



TALENT
(What you do well.)



PASSION
(What you love to do.)



YOUR VOICE

The 8th Habit:
Find Your Voice
and Inspire Others
to Find Theirs

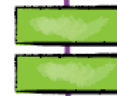
Draw pictures.

TALENT:

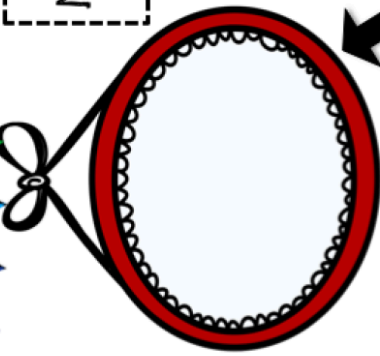
What you do well.

PASSION:

What you love to do.



YOUR VOICE



Here is a picture of me.

NAME _____

My Birthday



Month: _____
Day: _____
I am _____ years old.



THESE ARE A FEW OF MY FAVORITE THINGS

Color: _____ Food: _____
Animal: _____ Holiday: _____
Book: _____ T.V. Show: _____
Song: _____ Sport: _____



find your voice!

What is your strength?

How can you use this strength to help others?

I am most proud of _____
because _____

"Your voice is what you have to say to the world. Make it worth hearing!"



Name: _____

Circle the best answer.

You see kids at lunch throwing goldfish into each other's mouths. It looks fun. They asked if you want to try. You know throwing food is against the lunch room rules. What should you do?

- a) Join the kids because it looks like fun.
- b) Run to the lunch monitor to tell on your friends.
- c) Warn your friends that throwing food is against the rules and they should stop.

You are playing tag outside with a group of friends. One of your friends tells a boy "you can't play with us." The boy starts to cry. What should you do?

- a) Do nothing. Keep playing tag.
- b) Tell your friend you should let other people play too.
- c) Tell the teacher.

A student in class takes the book you have been waiting for. This makes you very upset. What should you do?

- a) Tell the student you were waiting for that book and calmly ask for it.
- b) Stomp and throw your book bin down.
- c) Run out of the room angrily.
- d) Tell the teacher.

Someone bumps into you. You push them back. Both of you argue back and forth about who started it. What should you do?

- a) Tell the teacher.
- b) Try to work it out. Admit that you shouldn't have pushed them back.
- c) Start yelling that it is not your fault. You did not start it.
- d) Stomp away and cry at your desk.

Name: _____

I am responsible. I am a good person. I am a good citizen.

I do the right thing, even when no one is watching.

Circle the best answer.

When you are at your locker, you see someone drop their lunch money on the ground. What should you do?

- a) You found it. Keep the money.*
- b) Tell the friend – “hey, you dropped your money! Here it is.”*
- c) Scream “Look! I found money on the floor!”*

The class is outside on the playground. You see a friend is sitting alone. What should you do?

- a) Invite the friend to play.*
- b) Keep playing. Mind your own business.*
- c) Laugh at the friend for sitting alone.*

Discussion:

Why is it important to do the right thing, even when someone isn't watching?

Give an example when you have done something good for someone else or the environment.

Habit #1 Be Proactive

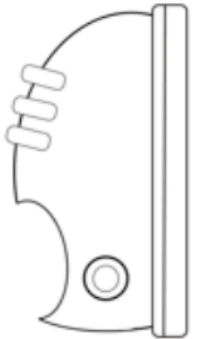
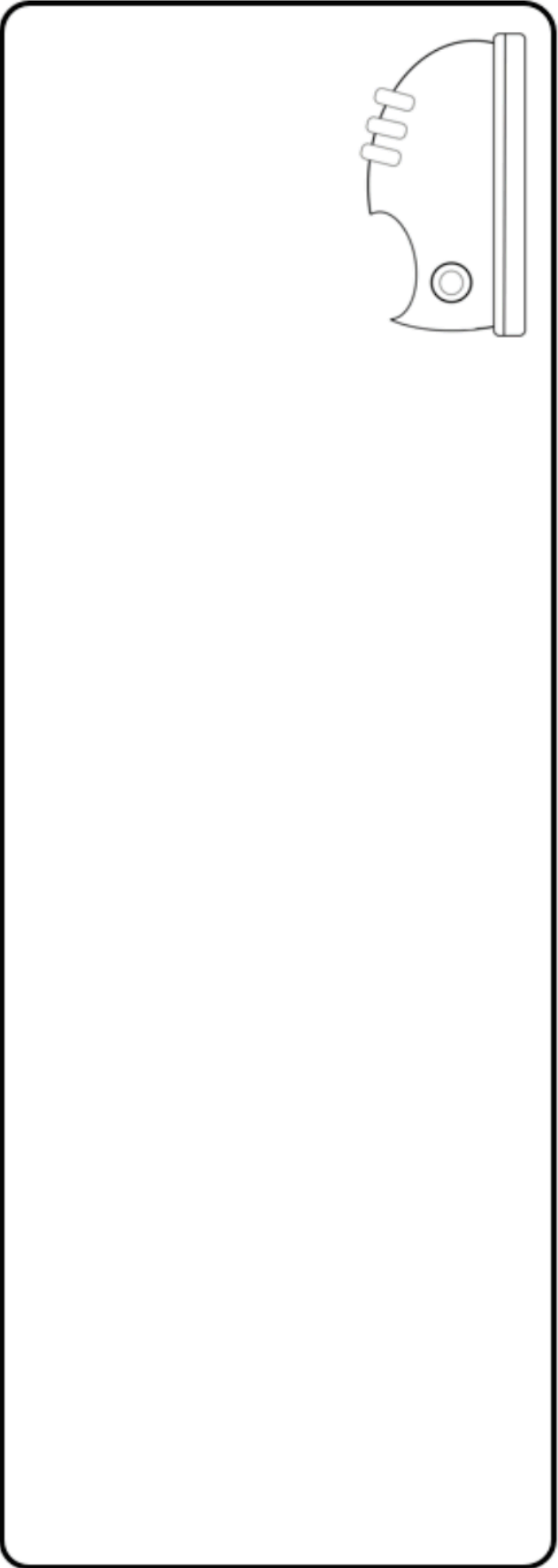
Name: _____

I choose my actions, attitudes, and moods.

Read the action. Put a check mark in the positive or negative box.

Action	Positive ☺	Negative ☹
Stomping your feet when you are angry.		
You are mad. You count to 5 and take a deep breath.		
You are very tired today. You don't want to talk with a friend right now. You tell them you are not their friend anymore.		
A kid in your class is calling you names. You tell them to STOP and then you ignore them.		
You think what you are learning is easy and you already know it. You yell out "I don't want to do this. It's too easy for me!"		
Your friend is talking to you on the carpet. You tell them "please be quiet. Tell me at lunch."		

I'm proactive and take the first step when...



PROACTIVE VS. REACTIVE SORT

THE CARDS BELOW GIVE SCENARIOS THAT ARE PROACTIVE AND SCENARIOS THAT ARE REACTIVE. CUT THE CARDS APART AND PLACE THEM IN A PROACTIVE PILE AND A REACTIVE PILE. READ THEM TO SOMEONE IN YOUR HOME AND EXPLAIN WHY YOU BELIEVE THEY ARE PROACTIVE OR REACTIVE.

MARK WAS NEW TO SCHOOL. HE WALKED IN WITH A SMILE AND INTRODUCED HIMSELF TO HIS CLASSMATES.

TRACY WAS AT HER SISTER'S VOLLEYBALL GAME. SHE WAS BORED AND SAT ON THE BENCH LOOKING AROUND FOR HOURS.

SARAH AND LACEY WERE FIGHTING FOR A SPACE IN LINE. SARAH ELBOWED LACEY OUT OF THE WAY TO GET AHEAD OF HER.

AMANDA GOT FRUSTRATED WITH HER HOMEWORK AND CRUMPLED THE PAPER INTO A BALL.

JASON WAS PLAYING FOOTBALL AT RECESS. HE DROPPED THE BALL AND LOST HIS TEAM THE POINT. HE STARTED YELLING AT HIS TEAMMATES THAT THEY WERE NOT PLAYING RIGHT.

MISTY MISSED HER FRIENDS FROM HER OLD SCHOOL, SO SHE DECIDED TO CALL THEM AND SET UP A GET TOGETHER.

SUSAN WAS RUNNING AN ERRAND FOR HER TEACHER AND THE HALLS WERE EMPTY. SHE WALKED QUIETLY TO THE OFFICE TO DROP OFF THE IMPORTANT NOTE AND WALKED BACK.

RICKY WAS ASSIGNED A PROJECT ON MERCURY. HE DIDN'T KNOW ANYTHING ABOUT MERCURY, BUT WAS WILLING TO RESEARCH AND LEARN ABOUT IT.

The 7 Habits of Highly Effective Families

B	I	N	G	O
<p>Habit 1 Be Proactive® Identify any reactive behaviors your family wants to stop doing.</p>	<p>Habit 2 Begin With the End in Mind® Choose a quote that represents what's most important to your family.</p>	<p>Habit 3 Put First Things First® Family time is a Big Rock! Have a family date night. What activity best fits your family?</p>	<p>Habit 4 Think Win-Win® Talk about how you show courage as a family.</p>	<p>Habit 5 Seek First to Understand, Then to Be Understood® Write about three things you do as a family to show respect to one another.</p>
<p>Habit 6 Synergize® Pick a date this month to synergize as a family with a "family meeting." Complete a Plus/Delta Chart to identify what is going well for your family and what you could change.</p>	<p>Habit 7 Sharpen the Saw® Share a family meal together. Take a family selfie and record the date of the meal.</p>	<p>Habit 1 Be Proactive Identify any proactive behaviors you want to start or continue doing.</p>	<p>Habit 2 Begin With the End in Mind Write a goal that you want to achieve as a family in the next month.</p>	<p>Habit 3 Put First Things First Write to tell about your family's three biggest priorities for the next week.</p>
<p>Habit 2 Begin With the End in Mind Discuss what your family wants to be celebrating at the end of this school year.</p>	<p>Habit 5 Seek First to Understand, Then to Be Understood What closes the door for understanding in your family? Criticizing, talking about yourself, and giving advice are door slammers. What can you do to open the door to listening for understanding?</p>	<p>Student Name _____</p>	<p>Habit 6 Synergize Identify and record two or three strengths for each member of your family.</p>	<p>Habit 7 Sharpen the Saw Exercise together as a family. How do you like to stay healthy and active?</p>
<p>Habit 7 Sharpen the Saw Write about your favorite family traditions or create a new family tradition.</p>	<p>Habit 1 Be Proactive Identify any reactive language your family wants to stop using.</p>	<p>Habit 2 Begin With the End in Mind Discuss and write about what you want your family to stand for.</p>	<p>Habit 3 Put First Things First Make a "perpetual calendar" for your family. What important dates does your family commit to each week? month? year?</p>	<p>Habit 4 Think Win-Win Talk about how you show consideration as a family. Write about it.</p>
<p>Habit 3 Put First Things First Schedule one-on-one family time. Use the prompt below to write about that time: My time with _____ was special because _____</p>	<p>Habit 6 Synergize Work together to complete a community service project. Write to tell about how you used Habit 6.</p>	<p>Habit 5 Seek First to Understand, Then to Be Understood Try using Habit 5 to fill in the blanks: An eight-year old says to his parent, "I hate my teacher." Parent's response: You seem to feel _____ [feeling] about _____ [subject].</p>	<p>Habit 7 Sharpen the Saw Try learning something new together. What did you learn?</p>	<p>Habit 4 Think Win-Win Make an Emotional Bank Account deposit by doing something kind for an extended family member, neighbor, or friend.</p>

Name: _____

Name: _____

Date: _____

Leader In Me

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

ACTION INITIATIVES RESPONSIBLE CITIZEN MISSION PLAN ALTERNATIVES FRIENDS
 VALUE SOLUTION CONSIDERATION COURAGE PRIORITIES WIN WIN BALANCE HELP
 LISTEN PROACTIVE UNDERSTAND SYNERGIZE

1. _____

2. _____

3. _____

4. _____

5. _____