

## LESSON: HABIT I – BE PROACTIVE

- Read Proactive chapter in 7 Habit of Happy Kids. Other book choices are  
Alexander and the Terrible, Horrible, No Good, Very Bad Day,  
The Little Red Hen  
Just the Way I Am  
Amazing Grace
- Leader says, “I am Proactive. I am in charge of myself, I can help others, and do the right thing even when no one is looking.”
- Leader pulls a card from the stack and reads it:  
“I found trash on the ground so I am going to put it in the trash can.” (Act it out) Say: “I am Proactive.”  
(Show hand sign: thumb to chest)
- What happens when a person is quick to act without taking the time to make the best choice? REACTIVE PEOPLE.
  1. Makes a bad choice.
  2. Not in control.
  3. Blame others.
  4. Not responsible.
  5. Respond with anger.
  6. Say things that they regret later.
- What happens when a person takes their time to act, and consider the alternatives they have, and make the best choice. PROACTIVE PEOPLE.
  1. Are in charge of their choices.
  2. Are responsible.
  3. Are in control.

4. Think before they speak.
  5. Likely to not get in trouble.
  6. Are role models.
- Present different scenarios where students can have the opportunity to use the model and be Proactive. Brainstorm different possibilities, assist students to choose the best choice. Ask the students to tell different alternatives.
  - Problem: During recess, a student comes up to you, calls you names, and makes fun of you.
    - **STOP**
    - **THINK.** What would you say?
      1. Alternative 1: You could get angry and call him names. **Reactive.**
      2. Alternative 2: You could walk away and tell a teacher. **Proactive.**
      3. Alternative 3: You could use an “I” message and ask him to stop. “ I feel sad when you call me names, please stop doing that.” “It really bothers me when you make fun of me, please stop.” **Proactive**
  - **GO** (Which response is the best choice.)

Note: A traffic light can be a symbol for Stop (Red), Think (Yellow), and Go (Green).

Students can associate the red, yellow and green lights for the specific 3 part action. The hand motion should be used each time when a proactive choice is made.

## **USE OTHER SCENARIOS:**

**SCENARIO 1:** In your PE class, someone makes fun of you by saying that they are faster than you. *What are your alternatives? What would be a proactive response?*

**SCENARIO 2:** In class, one of your classmates grabbed your markers in front of you, without asking. *What are your alternatives? What could be a proactive response?*

**SCENARIO 3:** On the playground you witnessed a group of kids taking money from another student. They threatened the student that if he told they would beat him up. *What are your alternatives? What would be a proactive response?*

## **SONG: Sing to the tune of Are you Sleeping, Are You Sleeping**

**We are Bobcats, We are Bobcats**

**We learn the Habits, We are the Habits**

**They are good for you, they are good for you**

**They make you strong, they make you strong**

**Be Proactive, Be Proactive**

**You are in charge, You are in charge**

**This is Habit # 1, Habit # 1**

**You are in charge, You are in charge**

