

# Orange Elementary



Leadership  
Night  
April 29th, 2014



## Habit Handouts

# Literacy Connection Books for Home Habit #2: Begin with the End in Mind (Goal Setting)

A House for Hermit Crab by Eric Carle

Is This A House for Hermit Crab? By Megan McDonald

Whistle for Willie by Ezra Jack Keats

The Very Busy Spider by Eric Carle

Click, Clack, Moo by Doreen Cronin

Inch by Inch by Leo Lionni

Galimoto by Karen Lynn Williams

Pancakes, Pancakes by Eric Carle

1st Grade Goal Setting Sheet  
Begin with the End in Mind!!

**Goal #1:**

**Goal #2:**

**Goal #3:**



Dear Families,

We are learning about Habit 3: Put First Things First, Work First Then Play.

Putting first Things First means to decide what is most important and take care of it 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 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 for Monday, everyone is better able to prepare. Ultimately, this habit is about recognizing what is important, prioritizing time, and organizing tasks so that we don't have to constantly be stressed! A written planner or to do list is a great tool. Modeling this behavior is the best way to teach it.

Suggested book titles for young children that reinforce Habit 3:

- The Little Red Hen by Paul Galdone (or other version)
- The Very Hungry Caterpillar by Eric Carle
- Froggy Gets Dressed by Jonathan London
- Are You My Mother? By P.D. Eastman
- The Carrot Seed by Ruth Krauss

Expect and encourage your child to use words and phrases like prioritize, most important, responsibility, "Put First Things First," sequencing, and planning in his/her conversations this week. You can encourage your child by using some of this language at home. Other Words to use:

- How can we plan to make sure your (homework/chores/project) is completed on time?
- Our family is important and I would like to spend time with you. What would be a good activity for us to do together?
- Which is more important? X or Y?
- Let's talk about this. Did you really think \_\_\_\_\_ was the most important thing?
- How can we plan better for next time?

You may have an opportunity to share your feelings with your child about Put First Things First. You can even encourage your child to design or decorate their own weekly activity log or planner to help them get organized and get those important tasks done first.

Check out the "Parents Place" at [www.TheLeaderInMe.org](http://www.TheLeaderInMe.org) for fun ways to bring the habits home.

# **HABIT 4** Think Win-Win®

*Think Win-Win* is the belief that everyone can win. It's not me or you—it is both of us. It is a belief that there are enough good things for everyone; it is an abundant way of thinking. Think Win-Win is being happy for others when good things happen to them. As a parent, not everything is negotiable, but if you go into discussions with your child with a win-win mindset, you'll find a lot less resistance.

## **Younger-Child Activities**

1. Play a game with your child(ren) 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.
2. Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and be sure to be lavish children with praise when they do.
3. Read Chapter 4 of *The 7 Habits of Happy Kids* book with your child and then complete the Parent's Corner.

## **Teen Activities**

1. Say you are sorry when you yell, overreact, or accidentally blame one of your children for something he or she didn't do. Modeling this behavior will set expectations for how your child should behave.
2. Set clear expectations with your children about chores, curfew, grades, car privileges, etc. It's hard for you both to win if you are playing by different rules.

## **Works for All Ages**

1. Think of an ongoing conflict you tend to have with your child (homework, cleaning his or her room, feeding the dog, putting gas in the car) and then discuss a win-win solution to the conflict. Write down the solution and then remind each other of it the next time the situation arises.
2. Remember not to compare your children in front of each other. Try not to say to Marcelo that “Juan always remembers to clear the table.” That's win-lose thinking. Instead, just concentrate on praising Juan for a job well done. Marcelo will get the message.
3. Think about your relationship with your child. Is it generally win-win? If not, how is that affecting your family life? What should YOU do differently?

## HABIT 5

# 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 talk second. By taking the time to listen to another person, you reach a higher level of communication. Teaching Habit 5 to young children is done by first considering their age and development. Young children find it difficult to understand another's paradigm (point of view). This habit is best approached by introducing listening as a skill that should be practiced. Learning to listen without interrupting and learning to listen with your ears, your eyes, and your heart will help children build a foundation for Habit 5. Simply put, we have two ears and one mouth so that we can spend more time listening with the intent to understand.

### Younger-Child Activities

1. To better understand how listening can help or hurt a relationship, try “pretend listening” with your child for a few minutes. Your child will be frustrated. Explain what you were doing and discuss how your child felt. Now have your child ignore you when you are talking. Discuss how it makes you feel when you are ignored. Finish the discussion by thinking of ways to let the other person know when you feel you are not being truly listened to. Remind your child that this is also an example of Think Win-Win.
2. Body language can be even more important than words. Play a game with your kids where you each try to guess the other's emotion (happy, sad, angry, frustrated, bored, etc.) without using any words, just body language.
3. Demonstrate how saying the same phrase in a different tone of voice can give the phrase a completely different meaning. Try emphasizing different words in the phrase “I didn't say you did it” and then have your child tell you how the meaning changed.
4. Read Chapter 5 of *The 7 Habits of Happy Kids* book with your child and then complete the Parent's Corner.

### Teen Activities

1. Ask yourself what your biggest listening problem is. Do you “pretend listen”? Do you only listen to give advice or judge? Do you plan what you are going to say instead of really listening? Work to improve your listening skills and model good listening behavior.
2. Is there an issue you and your teen always argue about? If so, go to your teen and say, “Help me understand your point of view.” Then really listen without interruptions. When your child is finished, repeat in your own words what you heard until he or she acknowledges feeling understood. Then it's your turn to speak and your child's turn to listen. You may want to use a “Talking Stick” when you are having this discussion. Only the person holding the Talking Stick is allowed to speak and doesn't pass the stick to the other person until he or she feels understood.
3. Consider asking your teen to let you know when he or she feels you aren't listening. When it happens, thank him or her, listen, and share back and forth until your teen feels understood.



Dear Parents and Caregivers,

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 either 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's taking good ideas and making them better by working together. Synergize is a great tool for families.

Suggested titles for young children that reinforce **Habit 6**:

- ***Swimmy*** by Leo Lionni
- ***A Chair for My Mother*** by Vera B. Williams

Expect your child to use words and phrases like synergy, working together,  $1 + 1 = 3$  (or more), and “better idea than we could come up with alone” in his/her conversations this week. 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 **Synergize**.

Check out the “Parent’s Place” at [www.TheLeaderInMe.org](http://www.TheLeaderInMe.org) for fun ways to bring the habits home.



HABIT 6

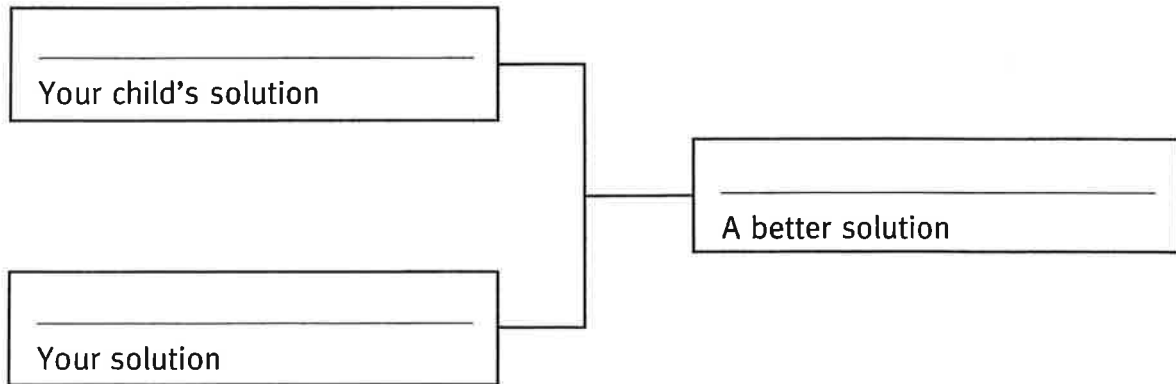
## Learning About Habit 6: Synergize®

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

With your child, discuss a problem you may have at home, like bedtime or dinner. Practice Seek First to Understand, Then to Be Understood when discussing solutions. Use the Synergizer (below) to summarize your child's solution and then your solution. Together, try to reach a better solution than either of you would have thought of alone. The key is to really listen to each another.

*Display this page where you and your child will see it.*

### Synergizer:



*I am a leader ~ I Synergize!*



# Teen Reading List



## **Old Classics**

- Across Five Aprils*** by Irene Hunt  
***Little Women*** by Louisa May Alcott  
***The Wonderful Wizard of Oz*** by Frank Baum  
***The Adventures of Huckleberry Finn*** by Mark Twain  
***The Lord of the Rings Trilogy*** by J. R. R. Tolkien  
***Anne of Green Gables*** by Lucy Maud Montgomery  
***The Foundling and Other Tales of Prydain***  
by Lloyd Alexander  
***The Chronicles of Narnia*** by C. S. Lewis  
***Animal Farm*** by George Orwell  
***Anne Frank: The Diary of a Young Girl*** by Anne Frank  
***To Kill a Mockingbird*** by Harper Lee  
***Cry the Beloved Country*** by Alan Paton  
***The Yearling*** by Marjorie Kinnan Rawlings  
***The Farthest Shore*** by Ursula K. Le Guin  
***Of Mice and Men*** by John Steinbeck  
***The Red Badge of Courage*** by Stephen Crane  
***The Greatest Salesman in the World*** by Og Mandino

## **New Classics**

- Souder*** by William H. Armstrong  
***Island of the Blue Dolphins*** by Scott O'Dell  
***Along the Tracks*** by Tamar Bergman  
***Night*** by Elie Wiesel  
***Red Scarf Girl: A Memoir of the Cultural Revolution***  
by Ji-Li Jiang  
***Hiroshima*** by John Hersey  
***Bless Me, Ultima*** by Rudolfo Anaya  
***The Defeat and Triumph of a Fugitive Slave***  
by Virginia Hamilton  
***Behind the Secret Window*** by Nellie S. Toll  
***Parrot in the Oven: Mi Vida*** by Victor Martinez  
***Walk Two Moons*** by Sharon Creech  
***I Heard the Owl Call My Name*** by Margaret Craven  
***The Color of Water: A Black Man's Tribute to His  
White Mother*** by James McBride  
***Point of Departure: 19 Stories of Youth and Discovery***  
by Robert S. Gold  
***Rising Voices: Writings of Young Native Americans***  
by Arlene B. Hirschfelder and Beverly R. Singer  
***The Watsons Go to Birmingham—1963***  
by Christopher Paul Curtis  
***The Book of Virtues*** by William J. Bennett