

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's why it comes first.

Be Proactive says "I am the leader of my own life. I am the leader for whether I'm 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 of taking care of themselves, taking care of their things, reacting/not reacting to other people's comments, and planning ahead.

Books for young children that reinforce Habit 1:

- *Amazing Grace* by Mary Hoffman
- *King Bidgood's in the Bathtub* by Audrey Wood
- *The Little Engine that Could* by Watty Piper

Expect your child to use words and phrases like choices, responsibility, proactive, and "stop and think" in their 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 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!

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

Books for young children that reinforce Habit 2:

- *The Very Busy Spider* by Eric Carle
- *Whistle for Willie* by Ezra Jack Keats
- *Click, Clack, Moo, Cows that Type* by Doreen Cronin
- *The Carrot Seed* by Ruth Krauss

Expect your child to use words like begin with the end in mind, goals, choices, and “sticking with it” in their conversations this week. 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!

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.

Books for young children that reinforce Habit 3:

- *The Very Hungry Caterpillar* by Eric Carle
- *The Little Red Hen* by Paul Galdone (or other versions)
- *Froggy Gets Dressed* by Jonathan London
- *Pancakes for Breakfast* by Eric Carle

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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Dear Parents and Guardians,

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


Think Win-Win is the belief that everyone can win. It's not you or me, it's both of us. It's a belief that there are enough good things for everyone. It's 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 ourselves and our choices.

Habit 4: Think Win-Win is the first of the three habits that address relationships.

Books for young children that reinforce Habit 4:

- *The Doorbell Rang* by Pat Hutchins
- *Rainbow Fish* by Marcus Phister
- *Alexander and the Wind-Up Mouse* by Leo Lionni
- *Smoky Night* by Eve Bunting

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!

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 them accordingly.

Books for young children that reinforce Habit 5:

- *The Runaway Bunny* by Margaret Wise Brown
- *Stellaluna* by Janell Cannon
- *The True Story of the 3 Little Pigs* by Jon Scieszka

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 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 Seek First to Understand, Then to be Understood.

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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 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; synergy is a great tool for families.

Books for young children that reinforce Habit 6:

- *Ox-Cart Man* by Donald Hall
- *Swimmy* by Leo Lionni
- *A Chair for my Mother* by Vera B. Williams
- *Frederick* by Leo Lionni

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 their conversations this week. 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 Synergize.

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 6!

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 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 themselves.

Books for young children that reinforce Habit 7:

- *Owl Moon* by Jane Yolen
- *The Snowy Day* by Ezra Jack Keats
- *Henry Hikes to Fitchburg* by D.B. Johnson

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!