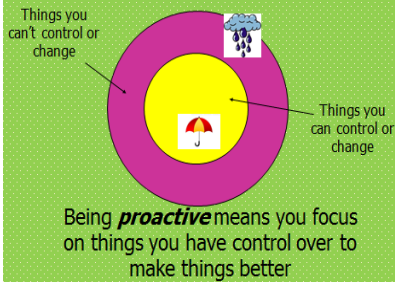
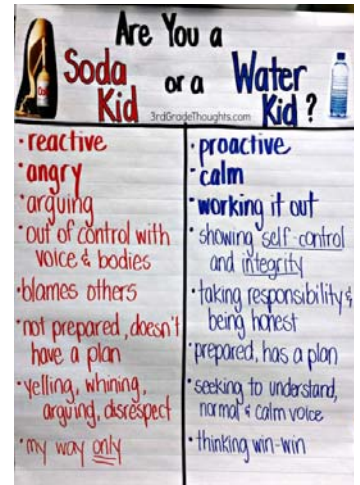


We Can't Control Everything



The Leader in Me Habit 1 – Be Proactive

- I am a responsible person.
 - I take initiative.
- I choose my actions, attitudes, and moods.
- I do not blame others for my wrong actions.
- I do the right thing without being asked, even when no one is looking.



Hi Parents!

This week we focused on Habit 1, Be Proactive. Students learned about what proactive leaders do and gave examples of actions that are proactive like doing your homework and actions that aren't proactive, such as complaining about an assignment. The key ideas of this habit are responsibility and personal accountability.

Quote of the Week:

“The price of greatness is responsibility.”

– Winston Churchill

Tips for Home:

- Discuss the quote of the week and how it relates to being proactive.
- Read a book from the included book list with your child and discuss how the characters did or did not show habit 1.
- Brainstorm tasks your child can do to be proactive at home, e.g., cleaning up his room, picking clothes out at night, studying for a test, etc.
- Create a decision making stoplight to display on the fridge to teach your child about choices & managing emotions:
STOP (red): Stop to stay calm
THINK (yellow): Think about the possible choices and consequences
ACT (green); Make the best choice
- Create a Soda Kid vs Water Kid T-chart (picture included) to compare being reactive vs proactive. To make it more interesting, get a can of soda & a water bottle to shake up & open (outside of course...with a poncho :)
- Draw a circle of control (picture included) and brainstorm things inside your child's control and things outside of your child's control. Discuss how proactive people focus on things inside their circle of control and that attitude is always one of those things.

Habit 1 Picture Books

Amazing Grace (Hoffman)
The Little Engine that Could (Piper)
King Bidgood's in the Bathtub (Wood)
The Very Lonely Firefly (Carle)
The Carrot Seed (Krauss)
My Many Colored Days (Dr. Seuss)
Alexander and the Terrible, Horrible, No Good Very Bad Day (Viorst)
Stand Tall, Molly Lou Melon (Lovell)
Enemy Pie (Munson)
The Recess Queen (O'Neill)
I Like Myself! (Beaumont)
The Pout-Pout Fish (Diesen)
Inch by Inch (Lionni)



Questions create thinking so when your child makes a poor choice, ask a question like, “What could you have done instead to be proactive?”