



Sycamore Springs

ELEMENTARY SCHOOL

Habits at Home Ideas

- Thank your bus driver or car driver. (Habit 4)
- Make sure your desk at school is clean and organized. (Habit 1)
- Do a favor for your parents before playing. (Habit 3)
- Lay out your clothes for tomorrow. (Habit 2)
- Create a family goal. (Habit 2)
- Get your homework done before being asked. (Habit 3)
- Help find a solution to a problem. (Habit 5)
- Choose a healthy snack. (Habit 7)
- Work together as a family to create a meal. (Habit 6)
- Let someone else choose a game to play. (Habit 4)
- Offer your help to a family member. (Habit 1)
- Take time to read before you play. (Habit 3)
- Help a family member with a chore. (Habit 4)
- Make a plan to be your best today. (Habit 2)
- Tell someone in your family why they are important. (Habit 1)
- Exercise as a family. (Habit 7)
- Take time to listen to someone in your family. (Habit 5)
- Pitch In: Everyone helps clean for 15 minutes. (Habit 6)
- Give someone a compliment. (Habit 4)
- Ask someone in your family to help complete a task. (Habit 6)
- Play a family game. (Habit 7)
- Brush your teeth without being asked. (Habit 1)
- Listen with ears, eyes, and heart. (Habit 5)
- Get up early and offer your help. (Habit 1)
- Write a note telling someone how much you care. (Habit 7)
- Take time to talk about the important things in your family. (Habit 5 & 6)
- Take a walk outside. (Habit 7)
- Set a family goal for the new year. (Habit 2)
- Make a plan to get all 3.0's today. (Habit 2)
- Do a chore before you are asked. (Habit 3)

7 Habits at Home

Habit #1 Be Proactive

Taking responsibility for behaviors and actions.

- With your child, do some role-playing to practice the skill of stopping and thinking in different situations. Your goal in these role plays is to encourage your child to stop and think before reacting.

Habit #2 Begin With the End in Mind

How would you like something to turn out before you get started?

- Write a family mission statement. Think about words and phrases that are important to your family. Post it in a place where it can be referred to often when making decisions or settling disputes.

Habit #3 Put First Things First

Decide what is most important and to take care of that first.

- Create a list of things your child needs to accomplish throughout a week. With your child, rank the tasks in importance. Then rewrite the list in order of importance. Use a planner or calendar to schedule time so that the important things are done first.

Habit #4 Think Win-Win

It is not me or you—it is both of us.

- 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.

Habit #5 Seek First to Understand Then to be Understood

It is better to listen first and talk second.

- 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.

Habit #6 Synergize

When two or more people work together to create a better solution that either would have thought of alone.

- Institute a "15-minute program" where everyone drops what they are doing and pitches in to work as a team to clean the kitchen, pull weeds in the garden, wash the dishes, sweep the front porch, etc. Cutting out a small block of time where everyone helps makes the work go quicker

Habit #7 Sharpen the Saw

Have balance in your life.

- Discuss various ways to Sharpen the Saw in all areas. Ideas might include: body (playing outside, riding your bike), brain (balancing reading with TV watching or making smarter choices about what you watch), heart (making a list of what makes you happy and doing something on the list every day, spending time with special friends and family).