



Sycamore Springs Elementary  
Habits for Successful Families  
Parent Guide

*Lead More*  
**Create More**  
*Inspire More*  
Become More

**We are Sycamore**





# The 7 Habits® Tree

AND REMEMBER TO  
TAKE CARE OF YOURSELF

## Habit 7

SHARPEN THE SAW®  
Balance Feels Best

THEN PLAY WELL  
WITH OTHERS

## Habit 6

SYNERGIZE®  
Together Is Better

## Habit 5

SEEK FIRST TO UNDERSTAND,  
THEN TO BE UNDERSTOOD®  
Listen Before You Talk

## Habit 4

THINK WIN-WIN®  
Everyone Can Win

START WITH YOU

## Habit 3

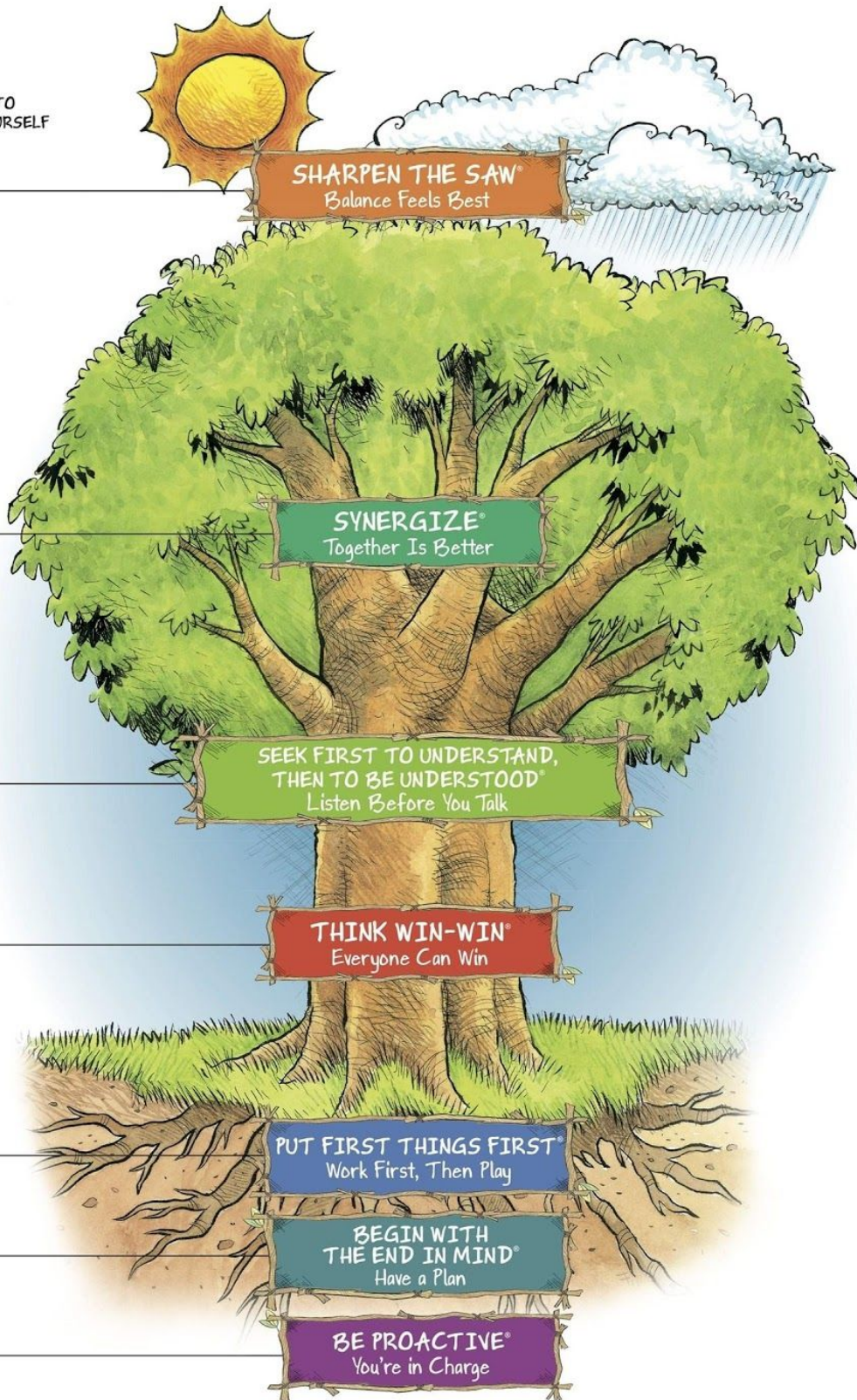
PUT FIRST THINGS FIRST®  
Work First, Then Play

## Habit 2

BEGIN WITH  
THE END IN MIND®  
Have a Plan

## Habit 1

BE PROACTIVE®  
You're in Charge



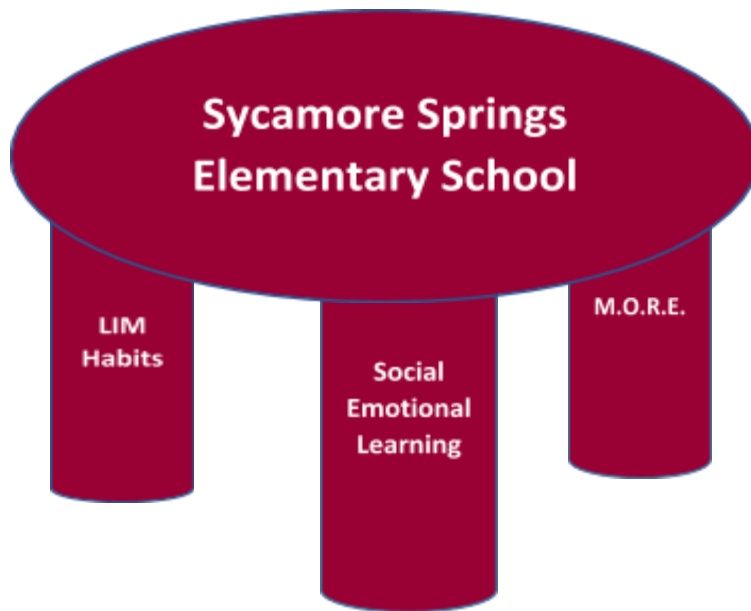
# **School and Family Participation equals a Conducive TEAM**

How can the school and home participate  
together to raise a future leader?

*Using the same language gives children the ability to  
connect between school and home.*

Family Involvement creates self-empowerment for the child by  
using the 5 paradigms:

- Everyone can be a leader
- Everyone is a Genius
- All change starts with me
- Parents empower children to lead their own learning
- Develop the whole person



## The Leader in Me – The 7 Habits

Resources available:

*"The Leader in Me"* by Stephen R. Covey

*"The 7 Habits of Happy Kids"* by Sean Covey

*"Parent Guide"* – online resource: <https://www.leaderinme.org/family-development/>

## Social Emotional Learning

The foundational skills that help a child grow into a successful adult. It teaches the child self-regulation, responsibility, goal setting, empathy, keeps them track with focus and motivation, and teaches the ability to communicate with others they work with. Together with the teaching of the habits, students will learn strong skills to be leaders later in life.

What are SSES whys:

- Family Circle – daily gathering for communication
- Bucket Fillers – praises to our fellow family members
- Circle of Control – we control our own actions, we cannot control others actions
- Choose our Weather – we choose how we will feel and act as we walk through the doors
- Big/Little Rocks – what is important to us now and what is important to us later / what can we have control at the moment

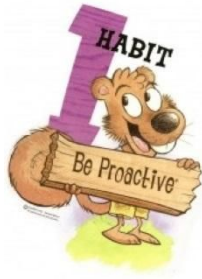
## M.O.R.E. – SSES daily Motto

Mindful

Owners

Respectful

Encouragers

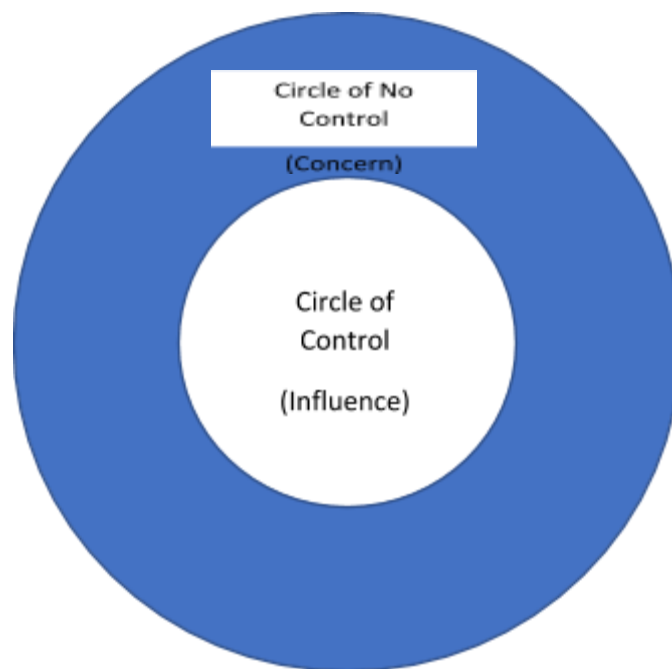


## HABIT #1 – BE PROACTIVE

To have a “Can Do” attitude, to take responsibility for your attitudes, actions, behaviors and moods. Having the attitude “I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver’s seat. The goal is to teach children to think about the outcome before taking action or making a decision.

### Circle of Control

What Can I Really Control?



When you are **Reactive**, you give up control.  
Your influence shrinks

When you are **Proactive**, you are in control  
Your influence grows

### Ways children can use Habit 1:

- Offer to help family members with chores
- Get up early and help get ready for school
- Pack up your lunch the night before
- Make their bed in the morning



## HABIT #2 – BEGIN WITH THE END IN MIND

Giving thought to how something should turn out before starting on the task. Planning ahead to have a positive outcome. Coming up with goals to reach the goal.

### Activities to do with your family:

#### Activity 1 - Create a family Mission Statement:

Example: SSES Mission statement:

Lead MORE, Create MORE, Inspire MORE, Become MORE, we are Sycamore

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#### Activity 2 – Work on a puzzle together:

- Look at the picture
- Spread out and sort the pieces
- Work together to create the picture



### Activity 3 - Plan an outing or trip



Choose somewhere to go?  
(Museum, movies, zoo, vacation, etc.)

How will you get there?  
(Walk, car, train, plane, etc.)

How long will you be gone?

What Activities will you do?

What is one important thing to do while you are there?





## HABIT #3 – PUT FIRST THINGS FIRST

Decide what is important and take care of that first. Setting priorities, making checklists, following or setting up a schedule and sticking to it. Staying organized can alleviate stress to both children and adults.

### Activity 1: Big Rock vs. Little Rock (Put things first)

Big Rocks:



- Planning Family Meals
- Spending time with your family
- Getting an education or a skill
- Family traditions
- Setting up bonding time

Little Rocks:



- Watching TV for a long period of time
- Chatting with friends on the phone
- Playing video games
- Social media

Write down your family's Big Rocks and Little Rocks

**Big Rocks:**

**Little Rocks:**

**Activity 2** – As a family discuss the three following areas and plan together:

- Set one on one Bonding times
- Set one night a week as family time
- List three Important family traditions





## **HABIT #4 – THINK “WIN-WIN”**

The belief that everyone can win. It's not me or you – it's both of us. The thought that there is enough for everyone, that everyone can be happy. Think Win-Win is being happy for others when good things happen to them. It makes me happy when other people are happy.

### **Activity to do with the family:**

Play a board game that has a definite winner – Explain as you play the game how competition is ok to win the game. That is ok to have different winners and that it is ok to be the looser as well. That it is ok to work together to reach the end together. When choosing the game, take turns choosing the game.

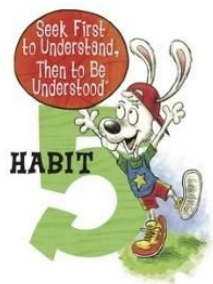
Other ways to think win-win:

1. Compliment someone for good work
2. Thank your teacher with a note
3. Try not to compare one child to another



### **Activity 2 – Create a Family Compliment Account**

Find an old basket or box and decorate it special for your family. Find fun colored paper and cut them into squares big enough to write a small note on them. Place these in a spot where all family members have access to it. Throughout the week write notes on the pieces of paper that will fill their mental bucket. Try and read those notes at the end of every week.

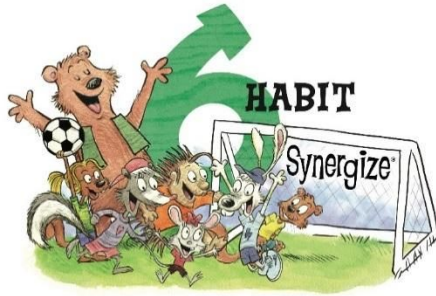


## **HABIT #5 – SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD**

To listen to someone when they are talking and then responding second. By taking the time to listen to another person, you reach a higher level of communication. I hear their viewpoints by not interrupting.

**Activity:** Use the air bubbles below to write down each family member and discuss how each of you can work on becoming better listeners.





## HABIT #6 – SYNERGIZE

By working together as a team to create a better solution that may not have been tough to do alone. Synergy is taking good ideas and making them better while working as a team.

### Activities to do together:

- Clean the kitchen and wash the dishes
- Make cookies
- Separate and do laundry
- Clean up toy room
- Pull weeds, do yard work
- Take 15 minutes and everyone works together to do a task

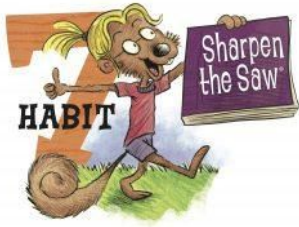
### Activity – Red Cup Tower Challenge:

Take one package of red cups and find a flat surface. Break up into teams or work together as one. As a team everyone works together to build the tallest tower.



### Rules of the game:

1. You can only use the red cups
2. You must work together
3. You must listen to each other
4. Have fun



## HABIT #7 – SHARPEN THE SAW

Creating balance in your life. We are more productive when we are in balance – body, brain, heart and soul. Taking care of yourself allows you to feel good around others.

### Body:

Take care of your body by getting exercise and eating well.

### Brain:

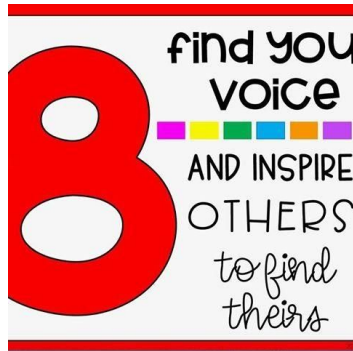
*Rest your brain by getting plenty of sleep and take breaks throughout the day.*

### Heart:

Find things or hobbies that make you happy. Give lots of love and praise to those you love.

### Soul:

*Take time to reflect on things that are important in your life.*



## HABIT #8 – FIND YOUR VOICE

Find your voice and inspire others to find theirs; physically, intellectually, emotional and spiritual. Do something that fits your talents and is something you are passionate about. Those who inspire others to find theirs are the leaders needed now and for the future.

**do you like being outdoors?** Gather your family and plan a hike and picnic for the day. While on the hike look for as many flowers, animals and sites you can find.

**do you like history?** Gather your family and go to a museum. Learn as much of the history and then share your favorite parts of the museum with each other.

**do you like to read?** Find others interested in reading and put together a book club.

**DO YOU LIKE SPORTS?** Gather friends and family to create a game of kickball, tennis, or baseball and play together.

Be adventurous, choose what you have a passion for and share it with others, there is no limit for sharing what you LOVE.





Looking for a way to reinforce the 7 Habits at home?  
Here is a list of books that go with each habit!

<b>Habit 1: Be Proactive</b>	<u>Amazing Grace</u> by Mary Hoffman <u>The Little Engine That Could</u> by Watty Piper <u>On My Honor</u> by Marion Dane Bauer <u>Someday a Tree</u> by Eve Bunting
<b>Habit 2: Begin With the End in Mind</b>	<u>The Very Busy Spider</u> by Eric Carle <u>Whistle for Willie</u> by Ezra Jack Keats <u>Lucy Mastermind</u> by Alan Feldman <u>Bobby Baseball</u> by Robert Kimmel Smith
<b>Habit 3: Put First Things First</b>	<u>Froggy Gets Dressed</u> by Jonathan London <u>The Little Red Hen</u> by Paul Galdone <u>The TV Kid</u> by Betsy Cromer Byars <u>Esperanza Rising</u> by Pam Munoz Ryan
<b>Habit 4: Think Win-Win</b>	<u>The Rainbow Fish</u> by Marcus Pfister <u>The Doorbell Rang</u> by Pat Hutchins <u>The Butter Battle Book</u> by Dr. Seuss <u>Dragon Stew</u> by Tom McGowen
<b>Habit 5: Seek First to Understand, Then to Be Understood</b>	<u>Stellaluna</u> by Janell Cannon <u>The Runaway Bunny</u> by Margaret W. Brown <u>Rules</u> by Cynthia Lord <u>Veronica Knows Best</u> by Nancy Robinson
<b>Habit 6: Synergize</b>	<u>Ox-Cart Man</u> by Donald Hall <u>Swimmy</u> by Leo Lionni <u>A Wrinkle in Time</u> by Madeline L'Engle <u>Ruby Holler</u> by Sharon Creech
<b>Habit 7: Sharpen the Saw</b>	<u>Owl Moon</u> by Jane Yolen <u>Me I Am!</u> by Jack Prelutsky <u>A Light in the Attic</u> by Shel Silverstein <u>Uncle Willie and the Soup Kitchen</u> by DyAnne DiSalvo-Ryan